

FREE

MAY 2022 • VOLUME 2 • ISSUE 2



# Mental Health Spectrum™

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**POST-TRAUMATIC STRESS DISORDER (PTSD):**  
*Civilians – Veterans*

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## NOTE FROM: *The Editor*

Our focus this issue is on PTSD. Much thanks to our guest contributors.

For a long time, PTSD was thought of as something that was only caused by war experiences—because as the name suggests, PTSD is a result of trauma. Only in recent decades was it acknowledged that PTSD is not limited to veterans, but could also develop in civilians. Because from natural disasters to accidents and violent assaults, trauma could happen to anyone, at any age.

*An earthquake or wildfire destroying homes—  
affecting entire communities.*

*A family driving home after a school game is in a  
car accident.*

*A female student is assaulted within the college  
boundaries.*

*A home invasion where a family is attacked and  
left injured.*

*A family under toxic stress due to domestic  
violence.*

*A person isolated for months due to COVID.*

*A person beaten up in a subway.*

*A child bullied in school.*

We've all heard of such incidents and many more indescribable ones. They are real and do happen. And they all are traumatic. The trauma from such experiences can be very difficult to recover from because they take away one's sense of safety, control, and in some cases, self-worth. Because trauma isn't just a physical blow, it is an emotional, psychological and spiritual blow also. Indeed, many people do not recover normally—the impact so profound as to literally cause mental health problems such as depression, PTSD, and even changes in the brain or personality for some. In fact, the impact can be life-long for many survivors.

Life today with COVID is full of stress for everyone. The burden of understanding mental health issues is increasing. Understanding that trauma can lead to PTSD is an important part in helping people reach out for treatment to start their healing journey. Life with PTSD is like a streaming movie that keeps pausing because it needs buffering—it needs a good strong bandwidth of support and help to process recovery more smoothly. It is our hope that this issue will help in that journey and in reducing the stigma attached to PTSD. Everyone deserves a quality life.

ANJUM KHAN, MA, PMP, PMI-ACP  
*Chief Editor*

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## PTSD: *Know the Symptoms*

Typically, symptoms of PTSD appear within 3 months of the traumatic incident, but can also come and go for many years or emerge later.<sup>1,2</sup> To meet the diagnostic criteria for PTSD, symptoms (below) must: last more than 1 month, interfere with parts of daily life, and not be related to medication, substance use, or other illness.<sup>1,2</sup> Many signs and symptoms are similar for veterans and civilians; however, they are some differences for children and adolescents. In adults (civilians and veterans), the following 4 categories of symptoms must be evident at the same time<sup>1,2</sup>:

| CATEGORY OF SYMPTOM <sup>1,2</sup>                                                                                                                        | TYPE OF SYMPTOM <sup>1,2</sup>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. At least one <b>re-experiencing symptom</b> (usually triggered by thoughts and feelings; or reminders caused by words, objects, senses, or situations) | <ul style="list-style-type: none"> <li>Flashbacks—reliving the traumatic event, including physical symptoms such as a racing heart or sweating</li> <li>Nightmares—reoccurring memories or dreams about the event</li> <li>Distressing thoughts</li> <li>Physical signs of stress</li> </ul>                                                                                                                                                                                                                                                                                                                                                                         |
| 2. At least one <b>avoidance symptom</b> (that causes people to change routine)                                                                           | <ul style="list-style-type: none"> <li>Avoiding places, events, or objects that are reminders of what happened (e.g., avoid driving a car if involved in a military convoy bombing or serious civilian car accident; avoiding movies with extreme violence if involved in military combat or experience civilian life-threatening crime)</li> <li>Avoiding situations, thoughts or feelings related to the traumatic event (e.g., keeping excessively busy or not seeking help; or not going out at night anymore)</li> </ul>                                                                                                                                        |
| 3. At least two <b>arousal and reactivity symptoms</b> (often present, causing feelings of stress, anger and hyper vigilance)                             | <ul style="list-style-type: none"> <li>Easily startled</li> <li>Feeling tense, on guard/alert, or “on edge”</li> <li>Difficulty concentrating</li> <li>Difficulty falling asleep or staying asleep</li> <li>Feeling irritable and having angry or aggressive outbursts</li> <li>Engaging in unhealthy, risky, reckless, or destructive behaviors</li> </ul>                                                                                                                                                                                                                                                                                                          |
| 4. At least two <b>cognition and mood symptoms</b> (which can begin or worsen after the traumatic event)                                                  | <ul style="list-style-type: none"> <li>Trouble remembering or talking about certain parts of the traumatic event</li> <li>Negative thoughts about oneself or the world (e.g., feeling numb or unable to feel positive or caring or trusting towards others; think the world is too dangerous)</li> <li>Distorted thoughts about the event, leading to feelings of blame or negative emotions (e.g., fear, anger, guilt, or shame)</li> <li>Loss of interest in previous hobbies or activities</li> <li>Feelings of social isolation or detachment from friends and family</li> <li>Difficulty feeling positive emotions (e.g., happiness or satisfaction)</li> </ul> |

### CHILDREN AND ADOLESCENTS ARE LIKELY TO EXPERIENCE THE FOLLOWING SYMPTOMS<sup>1,2</sup>:

|                                          |                                                                                                                                                                                                                                                 |
|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>AGES 6 AND UNDER</b>                  | Become over-clingy with parent or get upset if parent leaves; have trouble sleeping; forget how/ unable to talk; act out the trauma in their play; or start bed-wetting.                                                                        |
| <b>AGES 7–11</b>                         | May also act out the trauma through play, drawings, or stories; have nightmares; become more irritable or aggressive; avoid school; have trouble with friends or difficulty with schoolwork.                                                    |
| <b>AGES 12–18</b><br>(similar to adults) | Depression, anxiety, fear, guilt, shame, withdrawal, or reckless behaviors like substance abuse or running away. Teens are more likely than younger children or adults to show impulsive and aggressive behaviors, or even thoughts of revenge. |

It is important to note that symptoms may not be exactly the same for everyone, and a person may not experience all of the types of symptoms per category.

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## HOTLINES (24/7)

| EMERGENCIES                                                                                 | 911                            |
|---------------------------------------------------------------------------------------------|--------------------------------|
| American Pregnancy Association                                                              | 1-800-672-2296                 |
| Boys Town National Hotline <a href="http://yourlifeyourvoice.org">yourlifeyourvoice.org</a> | 800-448-3000                   |
| Child Abuse and Neglect Hotline (Nevada)                                                    | 702-399-0081                   |
| ChildHelp National Child Abuse Hotline                                                      | 1-800-422-4453                 |
| Children's Mobile Crisis Response Team                                                      | 702-486-7865                   |
| Combat Trauma                                                                               | 877-717-7873                   |
| COPLINE (Officer's Lifeline)                                                                | 800-267-5463                   |
| Crisis Support Services of Nevada                                                           | 1-800-273-8255                 |
| Crisis Text Line (Text TALK or CARE to)                                                     | 741741 (TALK) or 839863 (CARE) |
| Disaster Distress Helpline                                                                  | 1-800-985-5990                 |
| DOD Safe Helpline (Department of Defense)                                                   | 877-995-5247                   |
| Domestic Violence                                                                           | 1-800-799-7233                 |
| Domestic Violence Hotline (SafeNest)                                                        | 702-646-4981                   |
| Domestic Violence Hotline (S.A.F.E House)                                                   | 702-564-3227                   |
| Fire/EMS (First Responders) <a href="http://nvfc.org/help">nvfc.org/help</a>                | 1-888-731-3473                 |
| Gamblers Anonymous (GA) Southern Nevada Hotline                                             | 702-529-0202                   |
| Human Trafficking Info & Referral Hotline                                                   | 1-888-373-7888                 |
| Military Helpline                                                                           | 888-457-4838                   |
| National Abortion Federation Hotline                                                        | 1-800-772-9100                 |
| National Center for Missing and Exploited Children                                          | 1-800-843-5673                 |
| Poison Control                                                                              | 702-732-4989                   |
| Rape, Abuse, & Incest National Network (RAINN)                                              | 1-800-656-4673                 |
| Runaway Hotline                                                                             | 1-800-786-2929                 |
| SafeVoice <a href="http://safevoicenv.org">safevoicenv.org</a>                              | 1-833-216-7233                 |
| Safe Place Hotline (Youth)                                                                  | 1-866-827-3723                 |
| SAGE Hotline (LGBT Elders)                                                                  | 1-877-360-5428                 |
| Sexual Assault Hotline                                                                      | 1-800-656-4673                 |
| Signs of Hope (Formerly Rape Crisis Center)                                                 | 702-366-1640                   |
| Suicide Prevention Lifeline                                                                 | 1-800-273-8255                 |
| Teen Dating Abuse                                                                           | 1-866-331-9474                 |
| Temporary Assistance for Domestic Crisis                                                    | 1-800-621-4673                 |
| The Network La-Red (LGBT Domestic Partner Violence)                                         | 800-832-1901                   |
| Thursday's Child (Children, Teens, & Young Adults)                                          | 800-872-5437                   |
| Trans Lifeline                                                                              | 1-877-565-8860                 |
| Trevor Project Crisis Line (LGBTQ under 25)                                                 | 1-866-488-7386                 |
| UNLV CareLine (Sexual Assault, Violence, Stalking)                                          | 702-895-0602                   |
| Veteran Crisis Line                                                                         | 1-800-273-8255 (Press 1)       |
| Veteran Crisis Line (Deaf and Hard of Hearing)                                              | 1-800-799-4889                 |
| WestCare                                                                                    | 702-385-3330                   |

## AN OVERVIEW OF POST-TRAUMATIC STRESS DISORDER (PTSD)

BY ANJUM KHAN, MA, PMP, PMI-ACP

In today's world, stress is part of daily life. Ironically, the more advancements we make to "improve" our lives, the more stressed we get. The human brain is inherently conditioned to have—in split seconds—a fight or flight response to any perceived or imminent stress or threat. Stress reactions such as feeling fearful during or after any stressful or threatening situation are common and normal.<sup>1,2</sup> It is also normal for such stress reactions to result in physical, psychological, and behavioral responses, e.g., headaches or changes in sleeping habits.<sup>2</sup> However, if the resulting symptoms do not subside naturally, then a person may be diagnosed with PTSD.<sup>1,2,3</sup>

### What is PTSD?

PTSD is a mental health problem that can develop after personally experiencing or witnessing a traumatic event.<sup>1,2,3</sup> Going through a shock and recovery period after experiencing trauma is usual; for some people, however, recovery is a struggle. Stress reactions tend to persist, or thoughts and feelings about the event linger—causing significant long-term problems (some form of physical, psychological, and/or social health impairment) that impact a person's ability to function normally and have a quality life.<sup>2,3,4</sup>

### What are Traumatic Events and Trauma?

According to the Centers for Disease Control and Prevention (CDC), "An event ...that causes ... severe stress reactions, is called a traumatic event...[and is] marked by a sense of horror, helplessness, serious injury, or the threat of serious injury or death."<sup>2</sup> A traumatic event (or situation) affects anyone who has been directly or indirectly involved: victims/survivors, rescue workers, witnesses, friends and family. Indirect exposure may be through hearing specific details about someone close who was directly affected, or even just watching a gruesome movie.

Traumatic events or situations cause trauma. The Substance Abuse and Mental Health Services Administration (SAMHSA) defines trauma as a result of "...an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being."<sup>5</sup> Trauma is not limited to combat/war experiences; both veterans and civilians can experience trauma. There are two main types of trauma: (1) naturally caused trauma, e.g., earthquakes, epidemics, wildfires, illness, etc.; and (2) human-caused trauma, e.g., warfare, assault, terrorism, home invasion, bullying, accidents, etc.<sup>5</sup>

### Who develops PTSD?

Regardless of age, gender, or classification (veteran or civilian), anyone—but not everyone—who has experienced or witnessed a traumatic event may develop PTSD.<sup>1,2,3</sup> Although symptoms may vary in individuals, some common ones are nightmares, flashbacks, being on edge, feeling shame or guilt, and avoiding anything that may remind you of the trauma.<sup>1,2,3</sup> In general, these symptoms do not go away in a normal manner and time frame. Some symptoms may be more severe in intensity or last for more than a month, and disrupt normal life functioning. Children who have experienced a traumatic event, including adverse childhood experiences (ACEs), may show some different signs, e.g., being restless, attention difficulties, and poor grades;<sup>6</sup> (for more on: symptoms and diagnostic criteria, see page 1; and ACEs, see page 26).

The risk factor for developing PTSD is often dependent on age, gender, any previous trauma, and type of trauma. The risk is much higher if the trauma is life-threatening, early in life, unexpected, violent, and long-lasting.<sup>1,2,3</sup> Some examples include, rape, combat, bullying, terrorist attack, domestic violence, and physical abuse.<sup>1,2,4</sup> Other existing life stressors or toxic stress, lack of family/social support, and repeated media coverage are also risk factors.<sup>2,3,5</sup> Men are more likely to experience traumatic events in their lifetime (e.g., combat and physical assault); however, women are at least twice more likely to develop PTSD due to the nature of trauma (e.g., rape, sexual assault, and domestic violence).<sup>1,4,6</sup> Domestic violence, in particular, has a significantly higher influence on the development of PTSD (in both children and spouse) due to the duration and intensity of the violence, as well as the (repeated) perceived threat and trauma.<sup>4</sup>

## SOME FACTS AND FIGURES ABOUT PTSD IN THE US<sup>1,4,5,6</sup>

|                                                                               |                                                                                                                |
|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| 70% of adults experience at least one traumatic event in their lifetime.      | 49% of rape victims develop PTSD.                                                                              |
| 20% of people who experience a traumatic event develop PTSD.                  | Depression, suicidal thoughts, anxiety or substance use may often co-occur with PTSD.                          |
| 3.6% (about 8 million adults) suffer from PTSD in a given year.               | People with PTSD are up to 5 times more likely to have a depressive disorder, increasing the risk for suicide. |
| 1 in 13 people develop PTSD at some point in their life.                      | Children are more vulnerable than adults as very stressful events affect how they think and feel.              |
| PTSD is 2 times more common in women than men.                                | Childhood abuse gives highest risk for developing PTSD as an adult for both women and men.                     |
| About 36% of people with PTSD have serious impairments affecting normal life. |                                                                                                                |

### Treatments and Protective Factors

Treatment for PTSD exists through psychotherapy, medications, or a combination of both (for more on treatment options, see page 12). Support from family and friends also plays an important (protective) role in recovery. Early and successful recovery from PTSD is possible if one: (1) seeks treatment immediately, (2) engages in stress-reducing activities such as exercise and meditation, (3) maintains routine for daily activities such as meals and sleep, (4) seeks social support from friends, family, and community, (5) avoids using alcohol or drugs, and (6) learns more about PTSD.<sup>1,2,3,4,5,6</sup>

While there is increasing research evidence that the above methods work in aiding full recovery,<sup>1,3,4</sup> it is important to remember that although PTSD is common, not everyone has the same symptoms or causes; therefore, treatment plans do vary for people. Always seek the help of a mental health professional who specializes or has had experience in treating PTSD. Making a list of all your symptoms and concerns to discuss with your doctor also helps a great deal in reaching the correct diagnosis and treatment plan. Recovery is possible.

*"Trauma creates change you don't choose. Healing creates change you do choose."*—Michele Rosenthal

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*If you are going  
through hell, keep going.*

WINSTON CHURCHILL

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## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

For membership and meeting information, please check with the organization via phone or website.

**Active Minds – University of Las Vegas Chapter**  
 Raises awareness, promotes positive mental health, educates peers, and encourages students to reach out for help.  
[activeminds.org/programs/chapter-network](http://activeminds.org/programs/chapter-network)

**Alzheimer's Association**  
**Desert Southwest Chapter (702-248-2770)**  
 Provides education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.  
[alz.org/dsw](http://alz.org/dsw)

**American Foundation for Suicide Prevention (AFSP) Nevada Chapter**  
 Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.  
[afsp.org/chapter/nevada](http://afsp.org/chapter/nevada)

**Autism Coalition of Nevada (775-329-2268)**  
 Unites all affected by Autism, advocacy organizations, political affiliates/legislators, and service providers across the country.  
[aconv.org](http://aconv.org)

**Avery Burton Foundation (702-558-9202)**  
 Serves as an educational and community development public charity. Initiated from a challenge faced in many communities of having loved ones who may be silently suffering with issues that are too great for them to handle on their own which in some cases lead to unfortunate outcomes.  
[averyburtonfoundation.org](http://averyburtonfoundation.org)

**CARE Coalition (702-463-1415)**  
 Increases public awareness of the effects of drug and alcohol abuse by education and supporting youth, adults, the community at large and drug prevention agencies in Clark County; thus, identifying and promoting healthy behaviors and reducing abuse in our community.  
[carecoalitionnv.org](http://carecoalitionnv.org)  
 Meetings: 2nd Tuesday monthly

**Center for Autism Spectrum Disorders (CASD)**  
 Conducts community-focused research and educational training on individuals with autism spectrum disorders (ASD), their families, and community services providers.  
[unlv.edu/education/centers/casd](http://unlv.edu/education/centers/casd)

**Center for the Application of Substance Abuse Technologies (CASAT) (775-784-6265)**  
 Helps states, organizations, students, and the existing workforce apply research-based practices to improve prevention, treatment, and recovery services for individuals with addictive behaviors.  
[casat.org](http://casat.org)

**Clark County Children's Mental Health Consortium**  
 Since 2001, brings professionals and parents together to focus on bettering the services and resources for children's mental health.  
[cccmhc.org](http://cccmhc.org)

**Crisis Support Services of Nevada (CSSNV)**  
 Supports individuals through a hotline, text line and in-person advocacy. Services address suicide, depression, domestic violence, substance abuse, child abuse and elder abuse.  
[cssnv.org](http://cssnv.org)

**Depression Bipolar Support Alliance (DBSA) Southern Nevada (702-750-5919)**  
 Independent affiliate of the National DBSA devoted exclusively to mood disorders. Run by individuals with mood disorders and their allies.  
[dbsasouthernnv.org](http://dbsasouthernnv.org)

**Family and Child Treatment Center of Southern Nevada (FACT) (702-258-5855)**  
 Dedicated to helping Nevadans heal from the traumas and cycle of abuse, neglect, & violence.  
[factsnv.org](http://factsnv.org)

**Family TIES of Nevada (775-823-9500)**  
 Serves people with disabilities throughout their lifespan, and supports their families and professional who work on their behalf.  
[familytiesnv.net](http://familytiesnv.net)

**FEAT of Southern Nevada (702-368-3328)**  
 Provides information on therapies, support services, and resources for families and individuals impacted with Autism Spectrum Disorder (ASD) and related disorders.  
[featsonv.org](http://featsonv.org)

**Foundation for Recovery (FFR) (702-257-8199)**  
 A peer-led, grassroots statewide Recovery Community Organization (RCO). Dedicated to providing peer recovery support services, advocacy, education and training.  
[forrecovery.org](http://forrecovery.org)

**Harm Reduction Center/Trac B Exchange (702-840-6693, [tracbexchange@gmail.com](mailto:tracbexchange@gmail.com))**  
 Focused on ensuring the health of everyone in Southern Nevada. Trac-B Exchange is the storefront site committed to providing on-site consulting to the community for infectious disease prevention and harm reduction surrounding syringe use and disposal.  
[harmreductioncenterlv.com](http://harmreductioncenterlv.com)

**Health Services Coalition (702-474-4418)**  
 Focuses on purchasing high-quality, cost-effective health care services for its members by working with health care providers and community leaders.  
[lvhsc.org](http://lvhsc.org)

**Henderson Equality Center (855-955-5428)**  
 Provides gay, lesbian, bisexual and transgender (LGBT) individuals, their families and supporters with resources and opportunities to promote visibility, understanding, and equality.  
[hendersonequalitycenter.org](http://hendersonequalitycenter.org)

## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### Hookers for Jesus (702-623-0958)

Offers transitional support to at-risk women who want to escape the commercial sex industry. Faith-based program that offers different forms of trauma informed counseling, education, job assistance, case work, advocacy, resources and referrals.  
[hookersforjesus.net](http://hookersforjesus.net)

### Hope Means Nevada

Raises awareness around mental health and teen suicide. Provides access to mental health resources and a community of hope.  
[hopemeansnevada.org](http://hopemeansnevada.org)

### Jean Nidetch Care Center (702-895-4475)

Aims to end various forms of power-based personal violence, serving members of the UNLV, NSC, and CSN communities impacted by sexual violence, relationship violence, family violence, and/or stalking.  
[unlv.edu/carecenter](http://unlv.edu/carecenter)

### Las Vegas HEALS (Health, Education, Advocacy, Leadership in Southern Nevada) (702-952-2477)

A membership-based association for healthcare professionals. Fosters strategic alliances in the healthcare community, collaborating on workforce issues, and being a proactive force for legislative initiatives to improve access and the delivery of quality healthcare.  
[lasvegashelps.org](http://lasvegashelps.org)

### Lou Ruvo Center for Brain Health (702-483-6000)

Medical Center dedicated solely to the pursuit of more effective treatments for brain diseases and to the provision of state-of-the-art care for patients affected by these diseases and their families.  
[my.clevelandclinic.org/locations/nevada](http://my.clevelandclinic.org/locations/nevada)

### National Alliance on Mental Illness (NAMI) Southern Nevada (775-470-5600)

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, Southern Nevada Chapter.  
[namisouthernnevada.org](http://namisouthernnevada.org)

### National Association of Social Workers (NASW) Nevada Chapter

Works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.  
[naswnv.socialworkers.org](http://naswnv.socialworkers.org)

### Nevada Action Coalition (702-522-7034)

Serves as the driving force for transforming health care through nursing in Nevada.  
[nvactioncoalition.org](http://nvactioncoalition.org)

### Nevada Caregivers Coalition

A statewide group dedicated to supporting and recognizing the efforts of caregivers.  
[nvcaregiverscoalition.com](http://nvcaregiverscoalition.com)

### Nevada Care Connection

Partners with community organizations to provide one on one assistance to older adults, people with disabilities, caregivers and families. *Jewish Family Services Agency* serves southeast Clark county (Henderson, Boulder City, and Laughlin). *Nevada Senior Services* serves the greater Clark county region (Las Vegas, North Las Vegas, and Mesquite).  
[nevadaadrc.com](http://nevadaadrc.com)

### Nevada Coalition to END Domestic and Sexual Violence (NCEDSV)

A statewide voice advocating for the prevention and elimination of violence.  
[ncedsv.org](http://ncedsv.org)

### Nevada Coalition to Prevent the Commercial Sexual Exploitation of Children (CSEC)

Established in 2016 by Executive Order, CSEC combats commercial sexual exploitation of children in Nevada with trauma-informed and victim-centered approach.  
[dcfs.nv.gov/Programs/CWS/CSEC/CSEC](http://dcfs.nv.gov/Programs/CWS/CSEC/CSEC)

### Nevada Coalition for Suicide Prevention (NCSPP)

Dedicated to partnering and collaborating with local and state individuals and organizations for the development and implementation of evidence-based suicide prevention, intervention, and postvention strategies and programs.  
[nvsuicideprevention.org](http://nvsuicideprevention.org)  
Meetings: 3rd Friday monthly

### Nevada Council on Problem Gambling (702-369-9740)

Information and referral agency whose efforts are focused on addressing the impact of problem gambling. Serves as an advocate, an information resource, and a provider of programs and services to meet the needs of individuals and families who are affected by problem gambling.  
[nevadacouncil.org](http://nevadacouncil.org)

### Nevada Counseling Association (702-638-0772)

Enhances the quality of life by promoting the development of professional mental health providers. Uses the practice of counseling to provide effective interventions that meet the needs of the community in which it serves.  
[nvcounseling.org](http://nvcounseling.org)

### Nevada Disability Advocacy & Law Center (702-257-8150)

Provides services statewide to promote and advocate for the human and legal rights, interests and welfare of Nevadans with disabilities.  
[ndalc.org](http://ndalc.org)

### Nevada Division of Public and Behavioral Health (DPBH) Office of Suicide Prevention (702-486-8225)

Mission is to reduce the rates of suicide and suicidal acts in Nevada through statewide collaboration efforts, to implement and evaluate the state strategy which advances the goals and objectives of the National Strategy for Suicide Prevention. The vision for Nevada's Suicide Prevention Action Plan is to catalyze collaboration action, improve understanding, and increase wellness in communities across Nevada.  
[suicideprevention.nv.gov](http://suicideprevention.nv.gov)

### Nevada Hospital Association (775-827-0184)

Advocates for Nevada's hospitals, health systems, communities and patients before legislative and regulatory bodies.  
[nvha.net](http://nvha.net)

### Nevada Minority Health and Equity Coalition (NMHEC)

Committed to addressing and advancing minority health outcomes in Nevada and to "moving the needle" on poor health outcomes and statistics that contribute to significant health disparities among underserved groups in Nevada.  
[nmhec.org](http://nmhec.org)

### Nevada PEP (702-388-8899)

Increases the opportunities for home, community and school success for children with disabilities, including those who are at risk or who have serious emotional disturbances, their families and their service providers, through education, encouragement and empowerment activities.  
[nvpep.org](http://nvpep.org)

### Nevada Psychological Association (NPA) (888-654-0050)

Advances and represents psychology as a science and a profession, as well as to serve the professional needs of its membership and the community.  
[nvpsychology.org](http://nvpsychology.org)

### Nevada Public Health Association Southern Nevada (775-996-3908)

Serves as the voice for public health in Nevada in order to improve health and achieve equity in health status.  
[npaonline.org](http://npaonline.org)

### Nevada School Counselor Association (NvSCA)

Supports school counselors' efforts to help students focus on academic, social/emotional, and career development so they can achieve success in school and are prepared to lead fulfilling lives as responsible members of society.  
[nvscsca.org](http://nvscsca.org)

### Nevada Statewide Coalition Partnership

Working together to reduce the number of overdose deaths through community, family and prescriber education. Creating a healthier Nevada.  
[healthiervnv.org](http://healthiervnv.org)

### Nevada Statewide Maternal and Child Health Coalition

Provides leadership in partnership with public and private organizations to improve the physical and mental health, safety and well-being of the maternal and child population in Nevada including children with special healthcare needs.  
[nvmch.org](http://nvmch.org)

### Nevada Tobacco Prevention Coalition

Improves the health of all Nevadans by reducing the burden of tobacco use and nicotine addiction.  
[tobaccofreenvv.org](http://tobaccofreenvv.org)

### New Zeal (702-366-0558)

Live in Christian homes for men and women with drug related problems.  
[newzeal-lv.org](http://newzeal-lv.org)

### PACT Coalition (702-582-7228)

Seeks to empower Southern Nevada with the resources to prevent substance misuse for all ages and promote recovery through culturally competent advocacy, education, stigma reduction, support, and outreach.  
[drugfreelasvegas.org](http://drugfreelasvegas.org)  
Meetings: 3rd Wednesday monthly at 11:30am

### Prevent Child Abuse Nevada (702-895-1040)

Ensures that Nevada's children thrive in safe, stable, and nurturing environments and relationships. Through providing education, advocacy, and awareness, it aims to inspire communities to prevent all forms of child maltreatment.  
[nic.unlv.edu/pcanv.html](http://nic.unlv.edu/pcanv.html)

### reQ therapy bbq for mental health

Provides education on mental health to the community, Service Members, Veterans and Families (SMVF). Works with local and national agencies to provide accurate mental health resources. Brings the community together through BBQ events.  
[reqtherapybbq.com](http://reqtherapybbq.com)

### Rite of Passage/The Embracing Project (ROP/TEP) (702-463-6929)

Advocates peace and healing for youth survivors of violence, sexual exploitation, and trafficking, through the development of specialized programs, trauma-informed care and unconditional support.  
[theembracingproject.org](http://theembracingproject.org)

### RITE Renew Interactive Training & Education (702-882-0752)

Works broadly across the community to help affect positive change for vulnerable populations. Committed to the betterment of the community and uplifting those who serve our most vulnerable residents, with a mission to elevate the standards of care.  
[ritetrainings.org](http://ritetrainings.org)

### S.H.E.R.O Foundation

Provides resources needed to support, sustain and empower young girls and women under the age of 25 who have been abused, abandoned, and exploited. Brings other agencies with similar missions together.  
[sherofoundation.org](http://sherofoundation.org)

### Signs of Hope (702-385-2153)

Focuses on supporting victims in the immediate aftermath and long-term recovery following sexual abuse and assault. Services: 24-hour hotline; information and services available at resource center; support of victims and families as they navigate the court systems.  
[sohvlv.org](http://sohvlv.org)

### Solutions of Change (702-848-1696)

Provides free counseling/therapy and crisis intervention services to youth ages up to 18 and their families. Individual, family and group sessions for those who have experienced trauma or other mental health challenges.  
[solutionsofchange.org](http://solutionsofchange.org)

### Southern Nevada Adult Mental Health Coalition

A collaboration of community stakeholders designed to further mental health services and coordination throughout Southern Nevada. Initially created by former Sheriff Jerry Keller of the LVMPD in 2000, the coalition continues to bridge partnerships through collaboration, and assists with support or opposition to legislative measures that affect individuals with mental illness.



## STATE AND LOCAL NONPROFIT ORGANIZATIONS AND COALITIONS

### Southern Nevada Harm Reduction Alliance (SNHRA) (702-840-6693)

Reduces drug related stigma, overdoses and the harmful effects of drugs within the Southern Nevada Community regardless of their circumstances.

[facebook.com/SoNVHarmReductionAlliance](https://facebook.com/SoNVHarmReductionAlliance)

### Southern Nevada Health District (702-759-1270)

Addresses chronic disease risk factors including tobacco use, exposure to secondhand smoke, physical inactivity and unhealthy diets. Offers free, evidence-based programs to assist with chronic disease prevention and self-management. Advocated for policies that support healthy lifestyles, healthy communities and the elimination of health disparities.

[gethealthyclarkcounty.org](https://gethealthyclarkcounty.org)

### Southern Nevada Opioid Advisory Council

Develops a systems-level response to the Southern Nevada substance use crisis through evidence-based strategies and unique community collaborations. For more information contact Jessica Johnson at [johnsonjes@snnhd.org](mailto:johnsonjes@snnhd.org) or Katarina Pulver at [pulver@snnhd.org](mailto:pulver@snnhd.org).

Meetings: Once every quarter

### State of Nevada Association of Addiction Professionals (SNAAP)

Dedicated to the development of addiction focus professionals by unifying and empowering them to achieve professional excellence through education ethics in diversity and standards of practices through professional development and research.

[naadac.org/nevada](https://naadac.org/nevada) and [snaap.net](https://snaap.net)

Meetings: First Friday monthly

### The Cupcake Girls (702-879-8195, info@thecupcakegirls.org)

Provides confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through resources, advocacy, and aftercare.

[thecupcakegirls.org](https://thecupcakegirls.org)

### The Harbor (@Charleston (89146): 702-486-5331;

@Flamingo (89119): 702-455-7912; @Henderson:

702-455-0112; @MLK (89032): 702-455-7914;

@Mojave (89101): 702-455-6912)

Provides a safe place for the Clark County community by providing services to youth and families to address their immediate needs.

[theharborlv.com](https://theharborlv.com)

### The LGBTQ Center of Southern Nevada

Supports and promotes activities directed at furthering the well-being, positive image, and human rights of the lesbian, gay, bisexual, transgender, intersex, asexual, two-spirit, and queer community, its allies, and low to moderate income residents in Southern Nevada.

[thecenterlv.org](https://thecenterlv.org)

### The Phoenix

Is an innovative nonprofit organization that helps people recover from substance use disorder and heal by leveraging the intrinsic transformative power of social connection and activity.

[thephoenix.org](https://thephoenix.org)

### The Pride Tree

Creates safe environments where LGBTQ+ youth and allies can explore their own identity. All people have the freedom to be whoever they want and to express their own identity openly and without fear.

[thepridetreeelv.com](https://thepridetreeelv.com)

### There is No Hero in Heroin Foundation (TINHIIH)

Informs the public of the growing epidemic of opiate/heroin substance use disorder in our town and across the US, and to provide resources and solutions to families and heroin addicts alike.

[tinhiihasvegas.info](https://tinhiihasvegas.info)

### Vegas Strong Resiliency Center (702-455-2433)

A place of healing and support dedicated to serving as a multi-agency resource and referral center for residents, visitors, and responders affected by the shooting at the Route 91 Harvest Festival.

[vegasstrongrc.org](https://vegasstrongrc.org)

### Vegas Stronger (702-234-1356)

Focus the Spirit of Las Vegas on reversing devastation caused to the community by the Opioid Epidemic. Vegas Stronger facilitate that restoration to wholeness for individuals, families and society at large by creating awareness and providing access to both state of the art and historically reliable remedies.

[vegasstronger.org](https://vegasstronger.org)

### WestCare Nevada (702-385-3330)

Provides a wide spectrum of behavioral health services. Dedicated to working in mutual partnerships, to empower and engage those in need, in a process of healing, growth, and change that will benefit them, their families, their coworkers and the community.

[westcare.com](https://westcare.com)

### Young: Equal (contact@youngequal.org)

Creates environments (through creative arts, recreation & social media) that promote self-acceptance, community, and love for the LGBTQ+ community.

[youngequal.org](https://youngequal.org)

### Youth MOVE Nevada (youthmovenv@nvpep.org)

A youth inspired organization that works as a diverse collective to engage with youth serving systems. Developing self-advocacy skills, create systems change and remove the stigma placed on mental health using shared experience.

[facebook.com/youthmovenv](https://facebook.com/youthmovenv)

If we have incorrect or missing information, please contact us via email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [www.mentalhealthspectrum.com](http://www.mentalhealthspectrum.com).

*Maybe you are searching among the branches for what only appears in the roots.* RUMI



**Find Help. Find Hope.  
You are not alone.**



**NAMI Southern Nevada** is a mental health nonprofit with a network of over 600 affiliates across the nation.

As a peer-led organization, our programs are led by families and individuals with lived experience at no cost to the community.

### We offer:

- 6-8 Week education classes
- Weekly support groups
- Mental health presentations



For more information, visit  
[www.NAMISouthernNevada.org](https://www.NAMISouthernNevada.org)  
HelpLine 702-890-9729



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# THE ART OF OVERCOMING PTSD: BUILDING RESILIENCY VIA MUSIC THERAPY

BY JUDITH PINKERTON\*, LPMT, MT-BC FOUNDER/CEO, MUSIC 4 LIFE, INC.

The art of resiliency is symbolized in the Chinese proverb: "The bamboo that bends is stronger than the oak that resists." Even though the bamboo's tensile strength resembles steel, and its toughness is similar to oak, bamboo is highly elastic and desired in earthquake-prone areas. Focused on full life support, Asians build houses with bamboo, believing it encourages living with consistent, flexible endurance.<sup>1</sup> When dealing with the strong emotions of trauma and PTSD, there is a certain rigidity (resembling the toughness of oak) that interferes with the art of flexibility, aka emotional fluidity (as desired in bamboo's elasticity). Practicing emotional fluidity strengthens resiliency by allowing appropriate full-strength, healthy expression of the broad continuum of emotion; not becoming intensely stuck or repressing any emotion.

Among the many coping techniques taught, active and receptive music therapy approaches (including psychoeducation) can support the development of emotional fluidity. When practiced regularly it can improve resiliency. Coping strategies can be paired within music therapy interventions to facilitate cathartic experiences utilizing:<sup>2</sup>

- **Deep breathing to calm physiology.**
- **Progressive muscle relaxation modified to release physical and emotional tension.**
- **Mindfulness training to improve in-the-moment focus.**
- **Mood sequence meditation to create a cathartic experience.**

In-person music therapy sessions are always preferred, and the recent escalation of telehealth services have established another ideal access. However, the problem is that only 9,600 music therapists are available to work in the USA, with just 23% focused on mental health.<sup>3</sup> This access problem has created demand for music-therapy-informed strategies scaled through DIY [do-it-yourself] digitized formats to support emotional fluidity and build resiliency with long-term benefit for civilians and veterans challenged with PTSD.

In an effort to respond to this demand, I am one of the creators of digitized music therapy-informed strategies. In my earlier research, I reported that "during my work as a music therapist, I recognized certain mood inflexibilities that manifested as emotion dysregulation in more than 11,000 clients over a period of seven years. This results in their poor ability to cope with unsettled moods including anger, anxiety, depression and sadness, thereby disrupting positive mental health."<sup>4</sup> Through a specific music therapy technique that modulates moods, I noted the effects of one mood sequence meditation formulated with mood music representing 11 genres, otherwise known as a Music Medicine Pill™,<sup>5</sup> for 603 clients (many of whom experienced trauma or PTSD). Ninety-four percent reported improvements in a survey of 12 habits related to emotional intelligence, with 91% yielding positive mood changes.<sup>6</sup>

## The following two examples provide testimonials towards the healing benefits of music therapy:

1. Client Madison considers his customized Music Medicine Pill essential to his addiction treatment for PTSD.<sup>7</sup> Prior to treatment, he only listened to metal music to justify his feelings of rage after witnessing his best friend's suicide. "Music therapy finally helped me deal with the emotional triggers of that trauma breaking me down daily. I opened up to different kinds of music, beyond metal, to feel different emotions," shares Madison. "It helped me get in tune with feeling sad and happy, and not just rage, with key ways to feel it, accept it, and not deny it or push it down or get violent towards myself. Because of music therapy I can think about Chandler now with the emotional trigger gone, no longer sparking the rage about half my world being ripped away from me. Three years later, I still use a variety of music for sobriety and healing my PTSD."
2. A female Army veteran experienced PTSD from childhood trauma and active shooter incidents, reporting feelings of frustration, depression, anxiety, anger, and stress which accentuated extreme unbalance and led to extreme social phobias. During her initial assessment, the veteran reported taking Propranolol, an anti-anxiety medication. After completing the listening regimen required for her customized mood sequence meditation, she reported that her doctors were pleased with her progress and discontinued her anxiety medication. Another astonishing effect: her social phobias significantly reduced after the first week, with her attendance at a job fair speaking with possible employers without hesitation and even agreed to be interviewed on television – all because music therapy instilled fun, reduced getting sweaty or hot with no fear of people touching her. She reported having greater ability to "put things into perspective."<sup>8</sup>

Music therapy can help build resiliency and diminish PTSD with specific interventions that process past memories, eliminate flashback and nightmares, regain motivation and optimism, and transform anxiety into confidence. It is a valid option to consider including in PTSD coping treatment strategies.

For more information about the unique music therapy mood sequence meditation, visit [THEmic4Life.com](https://themic4life.com) and [PowerUpYourLife/ResilienceBuilding](https://PowerUpYourLife.com/ResilienceBuilding).

\*Judith Pinkerton is a clinician and internship director, author, TEDx speaker, and recording artist. She is the first to receive state-issued music therapy licenses in the US. She developed the Music4Life® wellness system of Music Medicine training programs and products that teach and support this medical protocol through telemedicine, continuing education courses, podcast subscriptions, and digital product downloads benefiting anyone concerned about mental health. (visit [judithpinkerton.com](https://judithpinkerton.com))

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## TYPES OF PTSD TREATMENTS\* (by MHS staff writers)

Below are some known and emerging treatments. Always seek a mental health professional with experience in treating PTSD to help find an appropriate plan based on diagnosed symptoms, cause (e.g., on-going trauma), and co-occurring conditions (e.g., substance use).<sup>1,2,3</sup>

**TRAUMA-FOCUSED PSYCHOTHERAPY** (directly targets memories, thoughts or feelings about the traumatic event)<sup>1,2,3</sup>

### Strong Evidence-Based

- **Cognitive Behavioral Therapy (CBT):** focuses on changing the patterns of behaviors, thoughts and feelings that lead to difficulties in functioning (also a good option for children).
- **Cognitive Processing Therapy (CPT):** focuses on building skills that help you to understand the trauma, and to modify and challenge disturbing/disruptive beliefs and thoughts about the trauma.
- **Prolonged Exposure (PE):** focuses on building resistance to avoidance by gradually approaching trauma-related memories, feelings and situations through repetitive talking or doing activities related to the trauma, or visiting the place; thus, gaining control over thoughts and feelings.

### Others

- **Eye Movement Desensitization & Reprocessing (EMDR):** focuses on stimulating eye movements to help the brain work through the traumatic memories while talking about them.
- **Cognitive Therapy (CT):** focuses on modifying memories of the trauma that induce disturbing behavioral and/or thought patterns that interfere in daily life.
- **Brief Eclectic Psychotherapy (BEP):** focuses on changing emotions of shame and guilt; stresses patient-therapist relationship by combining CBT with a psychodynamic approach.

**NON-TRAUMA FOCUSED TREATMENT** (reduce symptoms without directly targeting trauma-related thoughts, memories and feelings)<sup>3</sup>

- **Present-Centered Therapy (PCT):** teaches problem-solving strategies that focus on current life issues and improving relationships.
- **Stress Inoculation Training (SIT):** teaches coping skills to build confidence to manage trauma related fear and anxiety (by exposing to milder stress).

**PHARMACOTHERAPY / MEDICATION** (restores balance of naturally occurring brain chemicals using antidepressants)<sup>1,2</sup>

- **Serotonin Reuptake Inhibitors (SSRIs):** currently only Paxil & Zoloft are FDA approved for PTSD treatment.
- **Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs):** Effexor

**EMERGING TREATMENTS** (still in experimental stages)<sup>4</sup>

- **MDMA-Assisted Therapy:** combination of "talk therapy" (as primary) + MDMA medication (administered a few times)
- **Repeated Ketamine Infusions:** may help inhibit development of PTSD or lead to rapid reduction in symptoms (effective for limited-time).
- **Theta Burst Stimulation:** a new type of Transcranial Magnetic Stimulation that showed improvement in depressive disorders in some veterans with PTSD.
- **Meditation-Based Interventions:** various meditations that have been valuable to add onto more established PTSD treatments (similar to non-trauma focused).

\*Sources: developed from (1) U.S. Department of Veterans Affairs at [https://www.ptsd.va.gov/understand\\_tx/basics.aspx](https://www.ptsd.va.gov/understand_tx/basics.aspx); (2) American Psychological Association (APA) at <https://www.apa.org/ptsd-guideline/treatments>; (3) Willison, S. K. at <https://www.anxiety.org/trauma-focused-treatments-for-post-traumatic-stress-disorder-ptsd>; & (4) Jain, Shaili at <https://www.psychologytoday.com/us/blog/the-aftermath-trauma/202107/the-latest-in-ptsd-treatment>



## NATIONAL ORGANIZATIONS

|                                                                 |                                                                                    |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------|
| AAKOMA Project                                                  | <a href="http://aakomaproject.org">aakomaproject.org</a>                           |
| Academy for Eating Disorders                                    | <a href="http://aedweb.org">aedweb.org</a>                                         |
| Active Minds                                                    | <a href="http://activeminds.org">activeminds.org</a>                               |
| Addiction Policy Forum                                          | <a href="http://addictionpolicy.org">addictionpolicy.org</a>                       |
| Alliance of Hope for Suicide Loss Survivors                     | <a href="http://allianceofhope.org">allianceofhope.org</a>                         |
| American Academy of Child and Adolescent Psychiatry             | <a href="http://aacap.org">aacap.org</a>                                           |
| American Academy of Experts in Traumatic Stress                 | <a href="http://aaets.org">aaets.org</a>                                           |
| American Association of Suicidology (AAS)                       | <a href="http://suicidology.org">suicidology.org</a>                               |
| American Autism Association                                     | <a href="http://myautism.org">myautism.org</a>                                     |
| American Foundation for Suicide Prevention (AFSP)               | <a href="http://afsp.org">afsp.org</a>                                             |
| Anxiety and Depression Association of America (ADAA)            | <a href="http://adaa.org">adaa.org</a>                                             |
| Association for Behavioral and Cognitive Therapies              | <a href="http://abct.org">abct.org</a>                                             |
| Association for Death Education and Counseling                  | <a href="http://adec.org">adec.org</a>                                             |
| Black Mental Health Alliance                                    | <a href="http://blackmentalhealth.com">blackmentalhealth.com</a>                   |
| Black Mental Wellness                                           | <a href="http://blackmentalwellness.com">blackmentalwellness.com</a>               |
| Bring Change to Mind                                            | <a href="http://bringchange2mind.org">bringchange2mind.org</a>                     |
| Born This Way Foundation                                        | <a href="http://bornthisway.foundation">bornthisway.foundation</a>                 |
| Centers for Disease Control and Prevention (CDC)                | <a href="http://cdc.gov/Mentalhealth/Index.htm">cdc.gov/Mentalhealth/Index.htm</a> |
| Center for Loss & Life Transition                               | <a href="http://centerforloss.com">centerforloss.com</a>                           |
| Center for the Study of Traumatic Stress                        | <a href="http://cstsonline.org">cstsonline.org</a>                                 |
| CHADD (National Resource Center for ADHD)                       | <a href="http://chadd.org">chadd.org</a>                                           |
| Child Mind Institute                                            | <a href="http://childmind.org">childmind.org</a>                                   |
| Child Trauma Academy                                            | <a href="http://childtrauma.org">childtrauma.org</a>                               |
| Community Anti-Drug Coalitions of America (CADCA)               | <a href="http://cadca.org">cadca.org</a>                                           |
| Depression and Bipolar Support Alliance (DBSA)                  | <a href="http://dbsalliance.org">dbsalliance.org</a>                               |
| Dougy Center                                                    | <a href="http://dougy.org">dougy.org</a>                                           |
| Eye Movement Desensitization & Reprocessing (EMDR)              | <a href="http://emdria.org">emdria.org</a>                                         |
| Families Against Narcotics                                      | <a href="http://familiesagainstnarcotics.org">familiesagainstnarcotics.org</a>     |
| John Heintzelman                                                | <a href="http://johnheintzelman.com">johnheintzelman.com</a>                       |
| Heal Grief                                                      | <a href="http://healgrief.org">healgrief.org</a>                                   |
| Hope Squad                                                      | <a href="http://hopesquad.com">hopesquad.com</a>                                   |
| How Right Now                                                   | <a href="http://howrightnow.org">howrightnow.org</a>                               |
| International OCD Foundation                                    | <a href="http://iocdf.org">iocdf.org</a>                                           |
| International Society for Traumatic Stress Studies              | <a href="http://istss.org">istss.org</a>                                           |
| Mental Health America (MHA)                                     | <a href="http://mhanational.org">mhanational.org</a>                               |
| Mental Illness Research, Education, Clinical Center (MIRECC)    | <a href="http://mirecc.va.gov">mirecc.va.gov</a>                                   |
| National Action Alliance for Suicide Prevention                 | <a href="http://theactionalliance.org">theactionalliance.org</a>                   |
| National Alliance for Grieving Children (NAGC)                  | <a href="http://childrengrieve.org">childrengrieve.org</a>                         |
| National Alliance on Mental Illness (NAMI)                      | <a href="http://nami.org">nami.org</a>                                             |
| National Association for Addiction Professionals                | <a href="http://naadac.org">naadac.org</a>                                         |
| National Association of Anorexia Nervosa + Associated Disorders | <a href="http://anad.org">anad.org</a>                                             |

## NATIONAL ORGANIZATIONS

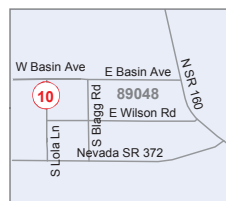
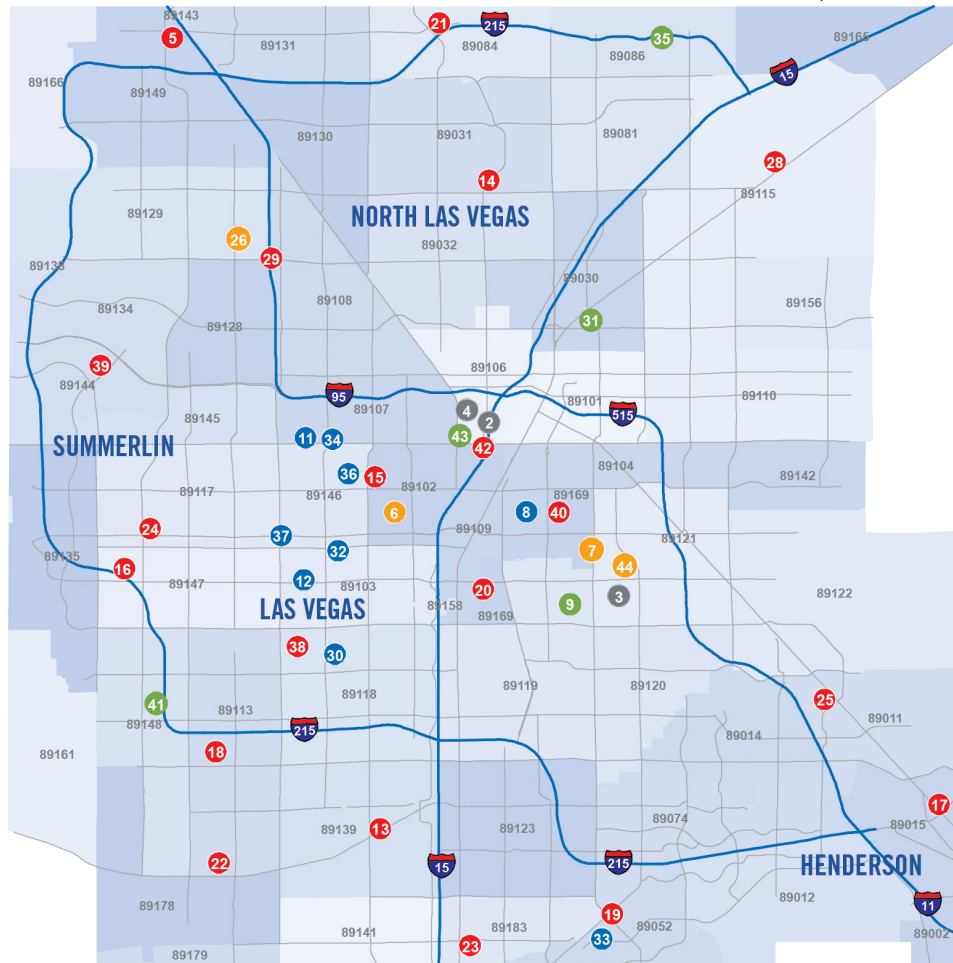
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|--------------------------------------------------------------|--------------------------------------------------------------------------------|
| National Association of School Psychologists                 | <a href="http://nasponline.org">nasponline.org</a>                             |
| National Association of Social Workers (NASW)                | <a href="http://socialworkers.org">socialworkers.org</a>                       |
| National Center for PTSD                                     | <a href="http://ptsd.va.gov">ptsd.va.gov</a>                                   |
| National Center for School Crisis and Bereavement            | <a href="http://schoolcrisiscenter.org">schoolcrisiscenter.org</a>             |
| National Center for School Mental Health                     | <a href="http://schoolmentalhealth.org">schoolmentalhealth.org</a>             |
| National Center on Domestic Violence, Trauma & Mental Health | <a href="http://nationalcenterdvtraumamh.org">nationalcenterdvtraumamh.org</a> |
| National Coalition Against Domestic Violence (NCADV)         | <a href="http://ncadv.org">ncadv.org</a>                                       |
| National Eating Disorder Association (NEDA)                  | <a href="http://nationaleatingdisorders.org">nationaleatingdisorders.org</a>   |
| National Indigenous Women's Resource Center                  | <a href="http://niwrc.org">niwrc.org</a>                                       |
| National Institute on Alcohol Abuse and Alcoholism           | <a href="http://niaaa.nih.gov">niaaa.nih.gov</a>                               |
| National Institute on Drug Abuse                             | <a href="http://drugabuse.gov">drugabuse.gov</a>                               |
| National Institute of Mental Health (NIMH)                   | <a href="http://nimh.nih.gov/index.shtml">nimh.nih.gov/index.shtml</a>         |
| National Latino Behavioral Health Association                | <a href="http://nlbha.org">nlbha.org</a>                                       |
| One Mind                                                     | <a href="http://onemind.org">onemind.org</a>                                   |
| Partnership to End Addiction                                 | <a href="http://drugfree.org">drugfree.org</a>                                 |
| Postvention Alliance                                         | <a href="http://postvention.org">postvention.org</a>                           |
| PTSD Alliance                                                | <a href="http://ptsdalliance.org">ptsdalliance.org</a>                         |
| PTSD Foundation of America                                   | <a href="http://ptsdusa.org">ptsdusa.org</a>                                   |
| R.E.A.C.H.                                                   | <a href="http://reach.gov">reach.gov</a>                                       |
| Sidran Institute: Traumatic Stress Education and Advocacy    | <a href="http://sidran.org">sidran.org</a>                                     |
| S.A.F.E Alternatives (Self Abuse Finally Ends)               | <a href="http://selfinjury.com">selfinjury.com</a>                             |
| Schizophrenia & Related Disorders Alliance of America        | <a href="http://sardaa.org">sardaa.org</a>                                     |
| Shared Hope International                                    | <a href="http://sharedhope.org">sharedhope.org</a>                             |
| Substance Abuse and Mental Health Services Administration    | <a href="http://samhsa.gov">samhsa.gov</a>                                     |
| Suicide Awareness Voices of Education                        | <a href="http://save.org">save.org</a>                                         |
| Suicide Prevention Resource Center                           | <a href="http://sprc.org">sprc.org</a>                                         |
| The Jason Foundation                                         | <a href="http://jasonfoundation.com">jasonfoundation.com</a>                   |
| The Jed Foundation                                           | <a href="http://jedfoundation.org">jedfoundation.org</a>                       |
| The Mental Health Coalition                                  | <a href="http://thementalhealthcoalition.org">thementalhealthcoalition.org</a> |
| The National Child Traumatic Stress Network                  | <a href="http://nctsn.org">nctsn.org</a>                                       |
| The Network La-Red                                           | <a href="http://tnlr.org">tnlr.org</a>                                         |
| The Sanctuary National Grief Support Network                 | <a href="http://thesanctuaryforgrief.org">thesanctuaryforgrief.org</a>         |
| The Steve Fund                                               | <a href="http://stevefund.org">stevefund.org</a>                               |
| The Trevor Project                                           | <a href="http://thetrevorproject.org">thetrevorproject.org</a>                 |
| Therapy for Black Girls                                      | <a href="http://therapyforblackgirls.com">therapyforblackgirls.com</a>         |
| World Federation for Mental Health (WFMH)                    | <a href="http://wfmh.global">wfmh.global</a>                                   |
| Wounded Warrior Project                                      | <a href="http://woundedwarriorproject.org">woundedwarriorproject.org</a>       |
| United States Department of Veterans Affairs – Mental Health | <a href="http://mentalhealth.va.gov">mentalhealth.va.gov</a>                   |
| Youth.Gov                                                    | <a href="http://youth.gov">youth.gov</a>                                       |
| Zero Suicide                                                 | <a href="http://zerosuicide.edc.org">zerosuicide.edc.org</a>                   |

# HOSPITAL LISTING

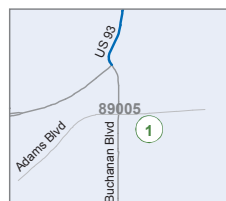
| Hospital                                     |
|----------------------------------------------|
| Hospital with Psychiatric Unit               |
| Psychiatric Hospital                         |
| Addiction Inpatient Facility                 |
| Certified Community Behavioral Health Center |



Mesquite, NV



Pahrump, NV



Boulder City, NV

- Boulder City Hospital, Geriatric Behavioral Medicine Center** 901 Adams Blvd., Boulder City, 89005 **702-293-4111**
- Bridge Counseling Associates** 1640 Alta Drive, Suite 4, LV, 89106 **702-474-6450**
- Bridge Counseling Associates** 4221 McLeod Drive, LV, 89121 **702-474-6450**
- Building Hope Nevada** FirstMed Health + Wellness 400 Shadow Ln., Suite 106, LV, 89106 **702-731-0909**
- Centennial Hills Hospital** 6900 N Durango Drive, NLV, 89149 **702-835-9700**
- Crossroads of Southern Nevada** 2121 W Charleston Blvd., LV, 89102 **702-382-7746**
- Desert Hope Treatment Center** 2465 E Twain Ave, LV, 89121 **702-848-6223**
- Desert Parkway Behavioral Healthcare Hospital** 3247 S Maryland Parkway, LV, 89109 **1-877-663-7976**
- Desert Springs Hospital Medical Center Geropsychiatric Unit** 2075 E Flamingo Rd, LV, 89119 **702-894-5508**
- Desert View Hospital** 360 S Lola Lane, Pahrump, 89048 **775-751-7500**
- Desert Willow Treatment Center** 6171 W Charleston Blvd, LV, 89146 **702-486-8900**
- Desert Winds Hospital** 5900 W Rochelle Ave, LV, 89103 **702-522-7922**
- Dignity Health St Rose, Blue Diamond** 4855 Blue Diamond Rd, LV, 89139 **702-216-7305**
- Dignity Health St Rose, North LV** 1550 W Craig Rd, NLV, 89032 **702-777-3615**
- Dignity Health St Rose, Sahara** 4980 W Sahara Avenue, LV, 89102 **702-216-7365**
- Dignity Health St Rose, West Flamingo** 9880 W Flamingo Road, LV, 89147 **702-216-7335**
- Dignity Health St Rose, Rose de Lima** 102 E Lake Mead Parkway, Henderson, 89015 **702-564-2622**
- Dignity Health St Rose, San Martin** 8280 W Warm Springs Road, LV, 89113 **702-616-4666**
- Dignity Health St Rose, Siena** 3001 St Rose Parkway, Henderson, 89052 **702-616-5000**
- Elite Medical Center** 150 E Harmon Avenue, LV, 89109 **702-546-0911**
- ER at Aliante** 7207 Aliante Pkwy., NLV, 89084 **702-962-5100**
- ER at Blue Diamond** 9217 S Cimarron Rd, LV, 89178 **702-776-4800**
- ER at S LV Blvd.** 10770 S LV Blvd., LV, 89183 **702-962-0800**
- ER at The Lakes** 3325 S Fort Apache Road, LV, 89117 **702-962-0500**
- Henderson Hospital** 1050 W Galleria Drive, Henderson, 89011 **702-963-7000**
- Landmark Recovery** 3371 N Buffalo Drive, LV, 89129 **1-844-332-2076**
- Mesa View Regional Hospital** 1299 Bertha Howe Avenue, Mesquite, 89027 **702-346-8040**
- Mike O'Callaghan Federal Medical Center** 4700 N LV Blvd., Nellis AFB, 89191 **702-653-2273**
- MountainView Hospital** 3100 N Tenaya Way, LV, 89128 **702-962-5000**
- Nevada State Triage Center** 5530 S Jones Blvd, LV, 89118 **702-909-3440**
- North Vista Hospital, Senior Behavioral Health** 1409 E Lake Mead Blvd, NLV, 89030 **702-649-7711**
- Sana Behavioral Health Hospital** 5975 W Twain Ave., Suite B, LV, 89103 **725-605-0310**
- Seven Hills Behavioral Health Hospital** 3021 W Horizon Ridge Parkway, LV, 89052 **866-598-6327**
- Southern Nevada Adult Mental Health/Rawson Neal Hospital** 6161 W Charleston Blvd, LV, 89146 **702-486-6000**
- Southern Nevada Veterans Medical Center** 6900 N Pecos Rd., NLV, 89086 **702-791-9000**
- Spring Mountain Sahara** 5460 W Sahara Avenue, LV, 89146 **702-216-8900**
- Spring Mountain Treatment Center** 7000 W Spring Mountain Rd., LV, 89117 **702-873-2400**
- Spring Valley Hospital** 5400 S Rainbow Blvd., LV, 89118 **702-853-3000**
- Summerlin Hospital Medical Center** 657 N Town Center Drive, LV, 89144 **702-233-7000**
- Sunrise Hospital and Medical Center** 3186 S Maryland Pkwy, LV, 89109 **702-961-5000**
- The Pavilion at Southern Hills Hospital** 9300 W Sunset Rd., LV, 89148 **702-916-5100**
- University Medical Center of Southern Nevada (UMC)** 1800 W Charleston Blvd, LV, 89102 **702-383-2000**
- Valley Hospital Medical Center Behavioral Health Unit** 620 Shadow Lane, LV, 89106 **702-388-4000**
- Vogue Recovery Center Nevada** 4011 McLeod Drive, LV, 89121 **866-458-5010**

# It's All About Self-Care

*Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'. - MARY ANNE RADMACHER*

CARING FOR OURSELVES SHOULD BE A VITAL ASPECT IN OUR DAILY LIVES. THE FOLLOWING ACTIVITIES ARE KNOWN TO HELP IN RELIEVING STRESS AND BUILDING RESILIENCE. AN EXAMPLE IS OFFERED UNDER EACH CATEGORY, ALONG WITH A FREE SOURCE. YOU ARE ENCOURAGED TO TAKE A FEW MINUTES OUT OF EACH DAY TO DO AT LEAST ONE STRESS RELIEVING ACTIVITY.

## LISTENING



**SUGGESTED MUSIC:**  
FOLK  
Example: Things We Hang On To - Daniel Scarsella  
Free songs available on stations like spotify.com

**SUGGESTED SHOW:**  
COMEDY  
Example: Mr. Bean  
Free shows available on Pluto TV (pluto.tv)



WATCHING

**SUGGESTED ACTION:**  
STRENGTH TRAINING  
A fundamental part of most exercise programs, it provides many benefits such as: improved strength, range of motion, mobility, protection of joints, and better balance. Physical exercises are proven mood boosters.  
Free workouts on fitonapp.com

**SUGGESTED READING:**  
COMICS  
Example: Calvin and Hobbes  
Free reading materials available at public libraries (lvccld.org or hendersonlibraries.com)



## READING

### ONLINE SOURCES FOR THERAPY AND THERAPIST LOCATORS

- behavioralhealthnv.org
- betterhelp.com
- brightside.com
- emdr.com
- faithfulcounseling.com
- findatherapist.com
- findtreatment.gov
- findtreatment.samhsa.gov
- musictherapy.org/about/find
- nvpsychology.org (Find a Psychologist)
- onlinetherapy.com
- openpathcollective.org
- Perinatal: psidirectory.com
- pridecounseling.com
- psychologytoday.com/us/therapists
- regain.us
- talkspace.com
- teencounseling.com
- therapistlocator.net
- therapyden.com
- therapyforblackgirls.com
- 22 treatmentconnection.com
- Veterans – Make the Connection: maketheconnection.net/resources

### TREATMENTCONNECTION.COM

Treatment Connection is a free online portal that allows patients and providers to look for mental health and substance use treatment programs and availability across the State in near real time. Users take a survey to help determine treatment needs and/or anonymously search for mental health and substance use treatment providers based on their own timeline and requirements (e.g., zip code). Provided through the Nevada Department of Health and Human Services, Division of Public and Behavioral Health, the Nevada Health Connection is supported by the OpenBeds platform—a tool used by providers to find appropriate level of care and make or accept digital referrals.

## OUTPATIENT LISTING

The following pages contain a directory listing of non-profit and for-profit outpatient providers serving Las Vegas and the surrounding areas. Providers are listed alphabetically. Listing information includes the provider name, website, contact telephone number, zip code (which gives the general area where the provider's physical location/office is), and focus/specialty. For providers that do not have a focus/specialty listed, this information may not have been available at the time. In general, many providers cover a wide range of mental health services and issues.

You are encouraged to call or check the providers website for additional information, such as services provided, payment methods, and/or insurances accepted, etc. Please note: not all outpatient providers are listed. Some providers may have opted out of being listed, others may not have been aware of this listing or their information may have changed after this directory was published. This list is being provided to consumers in an effort to assist in finding the right mental health professional. **Below is the legend for the focus/specialty.**

### FOCUS / SPECIALTY

|                                           |                                                           |                                                 |
|-------------------------------------------|-----------------------------------------------------------|-------------------------------------------------|
| <b>ABA</b> Applied Behavioral Analysis    | <b>ED</b> Eating Disorders                                | <b>ODD</b> Oppositional Defiant Disorder        |
| <b>ADDICT</b> Addiction                   | <b>EMDR</b> Eye Movement Desensitization and Reprocessing | <b>OUD</b> Opioid Use Disorder                  |
| <b>ADHD</b> Attention Deficit Disorder    | <b>IOP</b> Intensive Outpatient Treatment                 | <b>PHP</b> Partial Hospitalization Program      |
| <b>ASD</b> Autism Spectrum Disorder       | <b>LGBTQ</b> Lesbian, Gay, Bisexual, Transgender, Queer   | <b>PSR</b> Psychosocial Rehabilitation          |
| <b>BST</b> Basic Skills Training          | <b>MAT</b> Medication Assisted Treatment                  | <b>PTSD</b> Post Traumatic Stress Disorder      |
| <b>CBT</b> Cognitive Behavioral Therapy   | <b>MFT</b> Marriage and Family Therapy                    | <b>REBT</b> Rational Emotive Behavioral Therapy |
| <b>CC</b> Christian Counseling            | <b>MM</b> Medication Management                           | <b>SAT</b> Substance Abuse Treatment            |
| <b>CM</b> Case Management                 | <b>MOOD</b> Mood Disorders (i.e.depression)               |                                                 |
| <b>DBT</b> Dialectical Behavioral Therapy | <b>OCD</b> Obsessive Compulsive Disorder                  |                                                 |
| <b>DD</b> Developmental Disabilities      |                                                           |                                                 |
| <b>EAP</b> Employee Assistance Program    |                                                           |                                                 |

| NAME + WEB ADDRESS                                                   | PHONE        | ZIP   | FOCUS / SPECIALTY               |
|----------------------------------------------------------------------|--------------|-------|---------------------------------|
| Aaron Williams Therapy<br>aaronwilliamstherapy.com                   | 702-480-7960 | 89106 | Anxiety, Coaching, Pre-marital  |
| ABC Therapy<br>abctherapy.net                                        | 702-598-2020 | 89101 | General                         |
| Achievable Behavior Strategies<br>bxtherapy.com                      | 702-565-1894 | 89147 | ABA, ASD                        |
| Adelson Clinic for Drug Abuse Treatment<br>adelsoncliniclasvegas.com | 702-735-7900 | 89169 | OUD, MAT                        |
| Adonai Counseling & Consulting<br>adonaicounseling-consulting.com    | 725-208-1960 | 89146 | EMDR, Grief/Loss, Relationships |
| Advanced Psychiatric Associates                                      | 702-228-4900 | 89146 | General                         |
| Advanced Psychiatric Inc.<br>advancedpsychiatryinc.com               | 702-763-7811 | 89032 | ADHD, CM, PHP, SAT              |
| Agape Behavioral Center<br>agapebehavioral.org                       | 702-656-5683 | 89130 | BST, PSR                        |
| All About You Counseling<br>allaboutyoucounseling.org                | 702-754-0807 | 89123 | General                         |
| Alliance Mental Health Specialists<br>alliancemhs.com                | 702-485-2100 | 89103 | Telepsychiatry                  |
| Andres Counseling Services                                           | 702-803-3481 | 89128 | Anxiety, MOOD, Trauma           |
| Apple Grove Treatment Center<br>applegrovetreatmentcenter.com        | 702-992-0576 | 89120 | BST, PSR, Individual            |
| Applied Behavior Analysis Institute<br>abainstitute.us               | 702-502-8021 | 89107 | ABA, ASD                        |



## OUTPATIENT LISTING

|                                                                                       |              |                |                                        |
|---------------------------------------------------------------------------------------|--------------|----------------|----------------------------------------|
| Arevalo Counseling & Mentoring                                                        | 702-970-3535 | 89074          | English & Spanish Services             |
| Aroma Functional Nutrition Psychiatry<br><i>afnpsych.com</i>                          | 702-907-7924 | 89144          | Women/Maternal Mental Health           |
| Autism & Behavioral Consulting Services<br><i>abcservices.co</i>                      | 702-283-6215 | 89117          | ASD                                    |
| Bamboo Center for Grief, Growth & Well-Being<br><i>bamboocenter.us</i>                | 713-322-6266 | 89128          | Grief, Life Transitions                |
| Bamboo Sunrise <i>bamboosunrise.net</i>                                               | 702-433-3038 | 89015          | Life Skills, Foster Care               |
| BBS Counseling <i>bbsforensic.com</i>                                                 | 702-577-7792 | 89123          | Anxiety, MOOD, PTSD                    |
| Behavioral Healthcare Options<br><i>bhoptions.com</i>                                 | 702-364-1484 | 89128          | Insurance Provider, CM, EAP            |
| Behavioral Health Solutions <i>bhs.health</i>                                         | 702-589-4871 | 89052          | Family, MOOD, SAT                      |
| Behavioral Learning Solutions<br><i>www.blsolutionsaba.org</i>                        | 702-610-2076 | 89052          | ABA, ASD                               |
| Behavioral Services of Nevada<br><i>behavioralservicesnv.com</i>                      | 702-816-3400 | 89121          | BST, PSR                               |
| Beyond Expectation <i>bepsyc.com</i>                                                  | 702-779-3956 | 89141          | Neurofeedback                          |
| Beyond Therapy <i>beyondtherapylv.com</i>                                             | 702-673-4745 | 89129          | EMDR, Christian MFT                    |
| Bilingual Center for Behavioral Health<br><i>bcbhlv.com</i>                           | 702-401-0811 | 89119          | Anxiety, MOOD                          |
| Boys Town Behavioral Health Clinic<br><i>boystown.org</i>                             | 702-888-1340 | 89148<br>89113 | Ages 0-22, ASD                         |
| Bridge Counseling Associates<br><i>bridgecounseling.org</i>                           | 702-474-6450 | 89106<br>89121 | Trauma, PTSD, Youth, Sexual Abuse, IOP |
| Bridge Health Services <i>bridgehs.com</i>                                            | 702-843-0551 | 89106          | Co-occurring, ODD, PTSD                |
| Browning Neurobehavioral Associates<br><i>browningnba.com</i>                         | 702-305-0234 | 89145          | Psychotherapy                          |
| Cal Psychiatric Services<br><i>calpsychservices.com</i>                               | 702-629-7490 | 89109          | Psychiatric, Neurological Disorders    |
| Calm Clinic Psychiatry <i>calmclinic.vegas</i>                                        | 702-848-2256 | 89103          | ADHD, MM, Work Stress                  |
| Campbell Center for Autism<br><i>campbellcenterforautism.com</i>                      | 702-260-2360 | 89117          | ABA, ASD                               |
| Center for Behavioral Health<br><i>centerforbehavioralhealth.com</i>                  | 702-796-0660 | 89121          | ADDICT, SAT                            |
| Center for Compassionate Care <i>nah.org/what-we-do/center-for-compassionate-care</i> | 702-733-0320 | 89119          | Bereavement Services, Spiritual Care   |
| Center for Individual, Couple and Family Counseling<br><i>unlv.edu/cicfc</i>          | 702-895-3106 | 89154          | Teletherapy                            |
| Central Point Psychiatry                                                              | 702-380-8200 | 89146          |                                        |
| Changing Minds Psychiatry<br><i>changingmindspsych.com</i>                            | 702-405-8088 | 89074          | Psychotherapy, Psychopharmacology      |
| Choices Group <i>choiceslasvegas.com</i>                                              | 702-252-8342 | 89104          | Co-Occurring, SAT                      |
| Clarity Wellness Center <i>claritywclv.com</i>                                        | 702-578-4505 | 89121          | Military, Minorities                   |
| Clear View Counseling<br><i>clearviewcounseling.com</i>                               | 702-254-4883 | 89101          | ADHD, Crisis, MFT, MOOD, PTSD          |
| Clinical Solutions <i>clinicalsolutionslv.com</i>                                     | 702-212-3008 | 89117          | CBT, DBT, MOOD                         |

|                                                                                |              |                |                                                  |
|--------------------------------------------------------------------------------|--------------|----------------|--------------------------------------------------|
| Collier Counseling and Life Coaching<br><i>colliercounseling.org</i>           | 702-860-5249 | 89015          | Couples Counseling, DBT, EMDR, PTSD              |
| Community Counseling Center <i>cccfn.org</i>                                   | 702-369-8700 | 89104          | General                                          |
| Connexions Mental Health Services<br><i>connexionsmentalhealthservices.com</i> | 725-696-2204 | 89121          | Telehealth, Military, Veterans, First Responders |
| Cornwall Counseling <i>cornwallcounseling.com</i>                              | 859-321-4956 | 89119          | REBT                                             |
| Corridor of Hope Wellness & Consulting<br><i>corridorofhopelv.com</i>          | 702-522-9000 | 89104          | Grief, Domestic Violence, LGBTQ                  |
| Creative Behavioral Connections<br><i>cbcautism.com</i>                        | 702-901-5200 | 89130          | ABA, ASD                                         |
| Crossroads of Southern Nevada<br><i>crossroadsofsonv.com</i>                   | 702-382-7746 | 89102          | ADDICT, SAT                                      |
| DCFS-Neighborhood Care, North<br><i>dcfs.nv.gov/Programs/CMH/Contact_CMHS</i>  | 702-486-5610 | 89032          | Children Mental Health Services                  |
| DCFS-Neighborhood Care, South                                                  | 702-486-6726 | 89015          |                                                  |
| DCFS-Neighborhood Care, West                                                   | 702-486-0000 | 89146          |                                                  |
| Desert Hope Outpatient<br><i>americanaddictioncenters.org</i>                  | 702-286-8394 | 89121          | ADDICT, SAT                                      |
| Desert Psychiatry <i>desertpsychiatry.com</i>                                  | 702-685-3300 | 89146          | Psychiatric Services                             |
| Desert Psychological <i>desertpsychological.com</i>                            | 702-650-6508 | 89120          | Testing, Assessment                              |
| Desert Regional Center (DRC) <i>adsd.nv.gov</i>                                | 702-486-7850 | 89103          | DD                                               |
| Desert Rose Counseling <i>desertroselv.com</i>                                 | 702-843-6500 | 89102          | Trauma Recovery                                  |
| Desert Treatment Clinic<br><i>deserttreatment.com</i>                          | 702-248-0000 | 89014          | ADDICT, Methadone and Suboxone                   |
| Diamond Mental Health<br><i>diamondmentalhealth.net</i>                        | 702-395-4002 | 89130          | ADDICT, Equine Therapy, Trauma                   |
| Dynamic Music Therapy<br><i>vegasmusictherapy.com</i>                          | 702-257-0792 | 89102          | Music Therapy                                    |
| Eden Center for Eating Disorders<br><i>edentreatment.com</i>                   | 877-853-3362 | 89102          | ED, Co-Occurring Disorders                       |
| Elements of Motivation <i>elementslv.com</i>                                   | 702-331-4874 | 89117          | Home Based Services                              |
| Elevating to New Heights                                                       | 702-485-5838 | 89120          | BST, Crisis, PSR                                 |
| Empowerment Center of NV <i>facebook.com/empowermentcenterofsouthernnevada</i> | 702-636-8729 | 89032          | Crisis Intervention, General                     |
| Evergreen Counseling<br><i>evergreencounselinglv.com</i>                       | 702-248-6290 | 89146          | ODD, Sexual Problems, Trauma                     |
| Focus Mental Health Solutions<br><i>focusmentalhealth.com</i>                  | 702-790-2701 | 89102<br>89052 | Psychiatric Services                             |
| Forward Impressions<br><i>forwardimpressionslv.com</i>                         | 702-848-1411 | 89130          | BST, PSR, IOP, Youth Services                    |
| Foundations Counseling Center<br><i>foundationsnv.com</i>                      | 702-240-8639 | 89128          | Youth, ADHD, ASD, ED                             |
| Frontier Medical & Behavioral Center<br><i>frontiermbc.com</i>                 | 702-750-2438 | 89031          | Psychiatric Services                             |
| Glass House Counseling <i>ghca-lv.com</i>                                      | 702-586-8693 | 89104          | PSR, Support Groups                              |
| Grand Desert Psychiatric Services<br><i>brainsway.com/find-a-provider</i>      | 702-202-0099 | 89146          | Deep Transcranial Magnetic Stimulation           |

## OUTPATIENT LISTING

|                                                                                             |              |                |                                             |
|---------------------------------------------------------------------------------------------|--------------|----------------|---------------------------------------------|
| Guevara Counseling Center<br><i>guevaracounselingcenter.com</i>                             | 702-366-0251 | 89106          | Grief, PTSD, Refugee, Spanish               |
| H.O.P.E. Counseling Services<br><i>hopecounselingservices.net</i>                           | 702-437-4673 | 89106<br>89031 | ADHD, MOOD, PTSD, Trauma                    |
| Harmony Healthcare <i>harmonyhc.com</i>                                                     | 702-251-8000 | 89102          | Insurance Provider                          |
| Heads Up Guidance and Wellness Centers<br><i>headsupnevada.org</i>                          | 702-922-7015 | 89102          |                                             |
| Healing with Grace Counseling Center<br><i>hwgcounseling.com</i>                            | 702-716-0908 | 89052          |                                             |
| Healthy Minds <i>healthymindsnv.com</i>                                                     | 702-622-2491 | 89106          | Co-occurring, SAT                           |
| Hello Therapy <i>hellotherapylv.com</i>                                                     | 702-381-2192 | 89074          | Grief, Trauma, Teletherapy                  |
| HELP of Southern Nevada<br><i>helpsonv.org/behavioral-health-services</i>                   | 702-369-4357 |                | Teletherapy                                 |
| Higher Ground Counseling Services<br><i>highergroundcounselingservicesllc.com</i>           | 702-525-8402 | 89117          | MFT, Teletherapy                            |
| High Risk Pregnancy Center<br><i>hrpregnancy.com</i>                                        | 702-664-8279 | 89106          | ODU, MAT (must be pregnant)                 |
| Human Behavior Institute (HBI)<br><i>hbnetwork.com</i>                                      | 702-248-8866 | 89146          | Insurance Provider, CM, Mobile Services     |
| Ignite Teen Treatment <i>igniteteentreatment.com</i>                                        | 866-202-7217 | 89147          | Youth                                       |
| Innovation Behavioral Health Solutions<br><i>dsandragray.com</i>                            | 702-900-2784 | 89146          | EMDR, Neuropsychological Assessment, Trauma |
| Insight Therapy Solutions<br><i>insighttherapyolutions.com</i>                              | 702-685-0877 | 89120          | Teletherapy                                 |
| Integrated Psychological Solutions<br><i>lvpsych.com</i>                                    | 888-320-2271 | 89146          | CBT, ED, EMDR, MOOD                         |
| Integrity Counseling<br><i>integritycounselinglv.com</i>                                    | 702-499-4922 | 89117          | BST, CM, Life Coaching, PSR, SAT            |
| Jewish Family Services (JFS),<br>Counseling and Adoption <i>jfsalv.org</i>                  | 702-732-0304 | 89119          | Anxiety, MOOD, Lifestyle Transitioning      |
| Kayenta Therapy <i>kayentatherapy.com</i>                                                   | 702-438-7800 | 89134          | Teletherapy                                 |
| Landmark Recovery<br><i>landmarkrecovery.com/locations/las-vegas</i>                        | 725-217-9910 | 89129          | ADDICT, IOP, PHP, SAT                       |
| Las Vegas Comprehensive Treatment Center<br><i>ctcprograms.com/location</i>                 | 844-682-0316 | 89109          | ADDICT, Methadone and Suboxone              |
| Las Vegas Counseling Center<br><i>lasvegascounselingcenter.com</i>                          | 702-466-3750 | 89117          | Teletherapy                                 |
| Las Vegas Grief and Loss Counseling Center<br><i>griefcounselinglv.com</i>                  | 702-580-4912 | 89117          | Grief                                       |
| Las Vegas Indian Center <i>lvindiancenter.org</i>                                           | 702-647-5842 | 89106          | SAT                                         |
| Las Vegas Therapy <i>lvmentalhealth.com</i>                                                 | 702-659-4825 | 89129          | Postpartum, Sexual Issues                   |
| Legacy Counseling & Workforce Connections<br><i>legacycounselingandworkforceconnections</i> | 702-763-7443 | 89146          | BF, CBT, IOP, SAT, Telehealth               |
| Legacy Health and Wellness<br><i>legacyhealthlasvegas.com</i>                               | 702-749-4951 | 89128          | BST, PSR, Crisis Services, Parenting, EMDR  |
| Life Bridge Psychiatry <i>lifebridgekids.com</i>                                            | 702-765-4965 | 89117          | Youth                                       |

|                                                                              |                              |                |                                                  |
|------------------------------------------------------------------------------|------------------------------|----------------|--------------------------------------------------|
| Life Spring Counseling Center<br><i>lifespringcounselingcenter.org</i>       | 702-939-5433                 | 89117          | Anxiety, MOOD, Premarital, PTSD                  |
| LifeQuest <i>lifequestnv.com</i>                                             | 702-830-9740                 | 89145          | CM, BST, MFT, MM, SAT                            |
| Living Free <i>livingfreehealth.org</i>                                      | 775-505-1625                 | 89060          | ADDICT                                           |
| Lotus Behavioral Health Services<br><i>lotusbehavioralhealthservices.com</i> | 725-215-0359                 | 89128          | MOOD, PTSD, Trauma                               |
| Mbrace Counseling and Behavioral Services<br><i>mbraceco.com</i>             | 702-749-6926                 | 89146          | BST, PSR, Family Therapy                         |
| M.H.S Behavioral Services                                                    | 702-848-1696                 | 89120          | ABA, BST, CM, PSR                                |
| Midtown Psychiatry                                                           | 702-854-5000                 | 89102          | Psychiatric Services                             |
| Mindful Illumination Counseling<br><i>mindfulilluminationcounseling.com</i>  | 702-506-4554                 | 89101          | ADDICT, Sound Therapy                            |
| Mingo Health Solutions<br><i>mhsbehavioralservices.com</i>                   | 702-848-1696                 | 89120          |                                                  |
| Mobile Mental Health Support Services<br><i>mmhssnv.com</i>                  | 707-888-0036                 | 89146          | Anxiety, MOOD, Personality D/S, Relationship     |
| Mojave Counseling<br><i>unlvhealth.org/psychiatry-mental-health</i>          | 702-253-0818<br>702-968-4000 | 89146<br>89014 | Children/Adolescents, CM, Adults                 |
| Music 4 Life Inc. <i>themusic4life.com</i>                                   | 702-889-2881                 | 89146          | ADDICT, Anxiety, PTSD                            |
| Neubauer Mental Health Services<br><i>nmhslv.com</i>                         | 702-806-5268                 | 89108          |                                                  |
| Nevada Behavioral Health Systems<br><i>nvbhs.com</i>                         | 702-978-8100                 |                | Managed Mental Health & Substance Abuse Services |
| Nevada Health Centers, Cambridge<br><i>nevadahealthcenters.org</i>           | 702-307-5415                 | 89119          | ADDICT, Psychotherapy, Testing/Evaluation        |
| Nevada Health Centers, Eastern                                               | 800-787-2568                 | 89104          |                                                  |
| Nevada Health Centers, Henderson                                             | 702-868-0327                 | 89015          |                                                  |
| Nevada Health Centers, MLK                                                   | 702-383-1961                 | 89106          |                                                  |
| Nevada Health Centers, North Las Vegas                                       | 702-214-5948                 | 89030          |                                                  |
| Nevada Mental Health <i>nevadamentalhealth.com</i>                           | 702-440-8430                 | 89106          |                                                  |
| Nevada Mental Health Associates<br><i>nevadamha.com</i>                      | 702-530-5344                 | 89104          | Grief, MOOD, PTSD, Sexual Issues, Trauma         |
| Nevada Mercy and Care Inc<br><i>nevadamercyandcare.org</i>                   | 702-444-0599                 | 89119          | Refugee                                          |
| Nevada State Behavioral Health<br><i>nvstatebehavioralhealth.com</i>         | 702-714-1681                 | 89120          | MOOD, Trauma, PTSD                               |
| Never Give Up Wellness Center<br><i>nevergiveupbhs.com</i>                   | 702-951-9751                 | 89146          | Biofeedback, MFT, MM, Psychiatric Services       |
| New Way Empowerment Center                                                   | 702-695-4345                 | 89146          | Trauma, Life Transitions                         |
| Nippon Clinic <i>nipponclinic.vegas</i>                                      | 702-994-7267                 | 89119          | MOOD, ED, PTSD                                   |
| Nueva Vida Mental Health <i>nvmhs.com</i>                                    | 702-659-8827                 | 89103          | BST, CBT, PSR                                    |
| Oasis Counseling <i>oasiscounselingtoday.com</i>                             | 702-294-0433                 | 89113          |                                                  |
| Open Arms Counseling <i>openarmscounseling.org</i>                           | 702-823-4300                 | 89015          | ADDICT, EMDR, MM                                 |
| Our Little World Treatment Center<br><i>olwtreatment.com</i>                 | 702-742-3093                 | 89012          | ASD                                              |

## OUTPATIENT LISTING

|                                                                                        |                              |                |                                                     |
|----------------------------------------------------------------------------------------|------------------------------|----------------|-----------------------------------------------------|
| Overton Psychological Services<br><i>facebook.com/Overtonpsych</i>                     | 702-563-1000                 | 89074          |                                                     |
| Pathways Therapy & Wellness Center<br><i>pathwaystherapynv.com</i>                     | 702-363-7284                 | 89052          | Anxiety, MOOD, Trauma, PTSD, Relationships          |
| Perceptions Counseling Center of Southern Nevada<br><i>pccofsn.com</i>                 | 702-850-8700                 | 89120          | Child Therapy, Teletherapy                          |
| Pro-Health Therapeutic & Empowerment Services<br><i>phtes.com</i>                      | 702-490-9009                 | 89169          | Co-Occuring, LGBTQ, MM, SAT, Teletherapy            |
| Puzzle Pieces Autism and Behavioral Services LLC<br><i>puzzlepiecesnv.com</i>          | 702-704-5112                 | 89131          | ASD                                                 |
| Red Rock Counseling<br><i>redrockcounseling.com</i>                                    | 702-389-4500                 |                |                                                     |
| Red Rock Psychological Health<br><i>redrockph.com</i>                                  | 702-898-5311                 | 89119          |                                                     |
| Reflections Therapy<br><i>reflectionstherapylv.com</i>                                 | 702-553-2364                 | 89128          | Non-Verbal Treatment                                |
| Renewing Life Center<br><i>renewinglife.net</i>                                        | 702-434-7290                 | 89120          | ADDICT, CC, CBT, EAP, EMDR, MFT, MOOD, PTSD         |
| Resolutions Behavioral Health Therapy<br><i>resolutionsbehavioralhealththerapy.com</i> | 702-462-1813                 | 89146          | Anxiety, MOOD, Trauma                               |
| Resource Family Services<br><i>resourcefamilyservices.com</i>                          | 702-331-5608                 | 89119          | Couples, Family Therapy                             |
| Restorative Behavioral Health LLC<br><i>facebook.com/RestorativeBH</i>                 | 702-853-6727                 | 89031          | General                                             |
| SAFY of Nevada Specialized Alternative<br><i>safy.org/nevada</i>                       | 702-385-5331                 | 89130          | Youth, Family                                       |
| Serenity Counseling and Support Services<br><i>serenitysupportservices.com</i>         | 702-903-2973                 | 89117          | ADHD, Anger Management, Bullying, Parenting, Trauma |
| Serenity Mental Health<br><i>serenitymentalhealth.org</i>                              | 702-815-1550<br>775-751-5211 | 89146<br>89048 | Anxiety, MOOD                                       |
| SFS Therapies<br><i>sfstx.com</i>                                                      | 702-979-4268                 | 89128          | Speech Therapy                                      |
| Shining Star Community Services<br><i>shiningstarlv.com</i>                            | 702-882-7827                 | 89119          | Family Therapy, Grief                               |
| Sierra Sage Recovery Services<br><i>sierratreatment.com</i>                            | 702-880-8230                 | 89107          | ADDICT, CBT, IOP, SAT                               |
| Signs of Hope Counseling Center<br><i>sohlv.org/counseling</i>                         | 702-366-1640                 | 89106          | Trauma, PTSD                                        |
| Silver State Health<br><i>silverstatehealth.org</i>                                    | 702-471-0420                 | 89119          | Anxiety, MOOD, PTSD                                 |
| Skills 4 Kids<br><i>facebook.com/skills4kidLLC</i>                                     | 702-538-9476                 | 89117          |                                                     |
| Southern Nevada Adult Mental Health                                                    | 702-486-6000                 | 89146          | CM, Mobile Crisis, MM                               |
| Southern Nevada Community Health Center<br><i>snchc.org</i>                            | 702-759-1700                 | 89107          |                                                     |
| Southern Nevada Pediatric Center<br><i>southernnevadapediatriccenter.com</i>           | 702-850-5437                 | 89128          | ADHD, Anxiety, MOOD                                 |
| Southern Nevada Psychological Services<br><i>snvpsyc.com</i>                           | 702-483-8017                 | 89109          | Biofeedback, Cognitive Rehab, Psychotherapy         |
| Southwest Autism & Behavioral Solutions<br><i>swbehavior.com</i>                       | 702-270-3219                 | 89120          | ASD                                                 |
| Summit Mental Health<br><i>summitmentalhealth.org</i>                                  | 702-727-4459                 | 89102          | Anxiety, MOOD, Trauma, PTSD, Relationships          |

|                                                                                                 |              |                |                                                     |
|-------------------------------------------------------------------------------------------------|--------------|----------------|-----------------------------------------------------|
| Sunshine Family Support Services<br><i>sunshinefamilyss.net</i>                                 | 702-433-0063 | 89104          | Telehealth                                          |
| Tancell Care<br><i>tancell-care.business.site</i>                                               | 702-476-0262 | 89119          | DD                                                  |
| Tandem Therapy Services<br><i>tandemtherapyservices.com</i>                                     | 702-396-0101 | 89117          | ABA, ASD, Speech Therapy                            |
| The Center for Child and Family Development<br><i>thecenterforchildandfamilydevelopment.com</i> | 702-912-5848 | 89120          | Pediatric Neuropsychology                           |
| The CEO Within<br><i>theceowithin.me</i>                                                        | 702-518-9539 |                | ADHD, Change Management                             |
| The Evidence Based Practice of Nevada<br><i>theebpnv.com</i>                                    | 702-508-9181 | 89074          | ADHD, ASD, ED, MOOD, OCD, PTSD                      |
| The Hamilton Group<br><i>hamiltongrouplv.com</i>                                                | 702-289-4883 | Virtual        | MM                                                  |
| The Healthy Foundations Center<br><i>healthyfoundations.center</i>                              | 702-489-2117 | 89117          | BST, PSR                                            |
| The Lovaas Center<br><i>thelovaascenter.com</i>                                                 | 702-877-2520 | 89103          | ABA, ASD                                            |
| The Parkey Group<br><i>theparkeygroup.com</i>                                                   | 725-230-8526 | 89145          | CBT, Couples, Teletherapy                           |
| The Practice, UNLV<br><i>unlv.edu/thepractice</i>                                               | 702-895-1532 | 89154          | CBT, DBT, Psychological & Psychoeducational Testing |
| Therapeutic Solutions Behavioral Health<br><i>therapeuticsolutionslv.com</i>                    | 702-919-6111 | 89110          | Anxiety, MOOD                                       |
| Therapy Treatment Center<br><i>therapytreatmentcenters.com</i>                                  | 702-423-2625 | 89102          | Anger Management, MOOD, PTSD, Trauma                |
| Theravada Mental Health<br><i>theravadawellness.com</i>                                         | 702-757-8720 | 89130<br>89052 | DBT, EMDR                                           |
| There is Hope<br><i>thereishopenv.com</i>                                                       | 702-684-7757 | 89146          | Anger Management, IOP                               |
| Thrive Behavioral Health & Trauma Centers<br><i>tbhandtc.com</i>                                | 702-740-0188 | 89102          | LGBTQ, Trauma                                       |
| Thrive Solutions<br><i>thrivesolutionslv.com</i>                                                | 702-602-8504 | 89148          | ADDICT, IOP, MFT, MM                                |
| Thriveworks Counseling<br><i>thriveworks.com</i>                                                | 702-820-3061 | 89146          | ADDICT, ED                                          |
| TIM Care<br><i>timcarenv.com</i>                                                                | 702-617-6313 | 89106          | General, SAT, Psychiatric                           |
| Touro Center for Autism & Developmental Disabilities<br><i>tourocadd.org</i>                    | 702-777-4808 | 89014          | ASD                                                 |
| Transitional Wellness Center<br><i>transitionalwellnesscenter.com</i>                           | 702-339-0346 | 89120          |                                                     |
| TUFF Services Ministries<br><i>tuffservices.org</i>                                             | 800-649-0925 | 89053          | Pastoral Counseling                                 |
| United Citizens Foundation<br><i>ucfoundation.com</i>                                           | 702-888-6300 | 89147          | School-based, Telehealth                            |
| U.S. VETS<br><i>usvets.org/locations/las-vegas</i>                                              | 702-947-4446 | 89101          | Eligible Veterans, SAT                              |
| Vegas Cares LLC<br><i>vegascarellc.com</i>                                                      | 725-206-5434 | 89121          | General, PSR, BST                                   |
| Ventana Health Associates                                                                       | 702-360-2800 | 89134          |                                                     |
| Victorious Behavioral Health<br><i>victoriousbhs.com</i>                                        | 702-723-0125 | 89119          | General, PSR, BST, IOP, Psychiatric Services        |
| We Are Hope<br><i>wearehopelv.com</i>                                                           | 702-333-4373 | 89130          | ADDICT, General, Trauma                             |
| Well Care Behavioral + Medical Clinic<br><i>thewellcaregroup.com</i>                            | 702-291-7121 | 89122          | BST, CM, PSR                                        |
| Westcare<br><i>westcare.com</i>                                                                 | 702-385-3330 | 89101          | SAT                                                 |
| Zia Counseling<br><i>ziacounseling.com</i>                                                      | 702-823-9043 | 89102          | Couples, EMDR, MFT                                  |





## PASTORAL COUNSELING AND LIFE COACH

**Rev. Bryan Ostaszewski**  
*(Certified Interfaith Counselor, Ordained Minister & Chaplain)*

"By understanding the process and path of brokenness, you begin to heal. If you can understand the why of your wounds, then the how of coming out of your pain will begin to make sense."

**Call 1.800.649.0925 for a free consultation • [www.tuffservices.org](http://www.tuffservices.org)**

Addiction, Alcohol and Drug Abuse, Anger Management, Anxiety, Behavioral issues, Career Counseling, Coping Skills, Depression, Divorce, Domestic Abuse, Trauma, PTSD, Suicidal Ideation.



## Outreach. Referrals. Advocacy. Mentorship.

### Our Mission

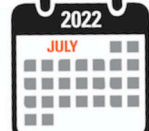
The Cupcake Girls provide confidential support to those involved in the sex industry, as well as those affected by domestic sex trafficking through holistic resources, case management, and after care.

We provide nonjudgmental support to empower our clients in their pursuits through respect, resources, and relationships.

### Core Values

- LOVE WITHOUT AGENDA
- ACT WITH INTEGRITY
- ENGAGE WITH HUMILITY
- PURSUE HOLISTIC BALANCE
- INVITE INNOVATION
- COMMUNICATE COURAGEOUSLY

✉ [info@thecupcakegirls.org](mailto:info@thecupcakegirls.org)  
 🌐 [www.thecupcakegirls.org](http://www.thecupcakegirls.org)

## AMERICA'S FIRST 3-DIGIT MENTAL HEALTH CRISIS LINE

### What is 988?

988 is a safety net for people experiencing a mental health emergency.

**Going Live July 16, 2022.**

### Who Should Use It?

Once 988 goes live, if you or someone you know is having suicidal thoughts, experiencing delusions, or displaying severe symptoms of mental illness, you should call 988 instead of 911.

## Adverse Childhood Experiences\* (ACEs)

ACEs are (potentially) traumatic incidents that occur during childhood and/or adolescence which result in toxic stress and directly threaten healthy development. They have a life-long, harmful impact on a person's well-being. ACEs can affect individuals at all income and social levels.

### TYPES of ACEs

| ABUSE                           | HOUSEHOLD DYSFUNCTION                                                                        | OTHER                                                                                                                         |
|---------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Physical<br>Emotional<br>Sexual | Mental Illness<br>Incarcerated Relative<br>Abuse Toward Parent<br>Substance Abuse<br>Divorce | Bullying<br>Community Violence<br>Natural Disasters<br>Refugee Or Wartime Experiences<br>Witnessing Or Experiencing Terrorism |

### NEGLECT

|                       |
|-----------------------|
| Physical<br>Emotional |
|-----------------------|



### IMPACT of ACEs

ACEs have a cumulative effect: as the number of ACEs increases, so does the risk of lifelong negative outcomes.

➡ **RISK INCREASES**

1 ACEs: 1 icon of a person with a star

2 ACEs: 2 icons of a person with a star

3 ACEs: 3 icons of a person with a star

4 ACEs: 4 icons of a person with a star

### OUTCOMES of ACEs

ACEs increase risk of poor behavioral, emotional, physical, social, and mental health outcomes across a lifespan, including death.

#### 01 HEALTH CONDITIONS

Coronary Heart Disease, Stroke, Asthma, Cancer, Diabetes, Obesity.

#### 02 HEALTH RISK BEHAVIORS

Smoking, Heavy Drinking, Substance Misuse, Physical Inactivity, Risky Sexual Behavior.

#### 03 SOCIAL

Lack Of Health Insurance, Unemployment, Poor Academic Performance (Often Not Completing High School Or College).

#### 04 MENTAL HEALTH CONDITIONS

Depression, Suicide Or Attempted Suicide.

### PREVENTION & OPPORTUNITY

We can reduce childhood adversity now to improve the health and well-being of the next generation. Advocate for policies and programs that:

PREVENT + SCREEN + TREAT ACEs

BUILD RESILIENCY

IMPROVE ACCESS TO HIGH-QUALITY CHILDCARE

RAISE AWARENESS

ENHANCE COMMUNITY, HEALTHCARE, AND FAMILY CONNECTIONS

\*Sources: developed from (1) Robert Wood Johnson Foundation at <https://www.rwjf.org/en/library/infographics/the-truth-about-aces.html>; (2) Harvard University at <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>; & (3) Centers for Disease Control and Prevention at <https://www.cdc.gov/violenceprevention/aces/resources.html>

## REPORTING AND MESSAGING ON SUICIDE: MIND YOUR LANGUAGE

BY ANJUM KHAN, MA, PMP, PMI-ACP

**“Hope is a necessity for a normal life and the major weapon against the suicide impulse.” – Karl A. Menninger**

Suicide is very often preventable, yet it ranks as the 10th leading cause of death in the US.<sup>1</sup> This is a major growing public health concern as it can affect any person, regardless of age, gender, race, or socio-economic status.<sup>2</sup> Like a major earthquake, the impact of suicide is profound and widespread. The after-effects are devastating and long-lasting for family, friends, and the community.

Suicide is a complex behavior triggered not just by one single cause, but by several factors that increase the risk of suicide.<sup>2</sup> Trauma and PTSD further increase that risk, particularly for combat veterans and survivors of childhood abuse and sexual trauma.<sup>3</sup> Negative, incorrect, misguided, and misunderstood language used during communication and reporting of mental health issues (especially regarding the aforementioned) is another major contributing risk factor for suicide. Many studies show that the risk of contagion from media reporting is a fact,<sup>4</sup> a legitimately valid concern—and the research evidence shows “responsible reporting can reduce the risk of additional suicides.”<sup>5</sup> As a result, leading government<sup>1,2,6</sup> and non-profit health agencies<sup>4,5,7</sup> are advocating and promoting the need for appropriate mental health language and recommendations for reporting and messaging on suicide. The following is a compilation of notes and excerpts of their key recommendations:

| AVOID...X                                                                                                   | INSTEAD...✓                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| X Sensationalizing, glamorizing, or romanticizing suicide news.                                             | ✓ Provide a supportive voice by being accurate, fair, and sensitive in order to counter misperceptions.                                                                                                                                                                                |
| X Sharing contents of suicide note, description of method of suicide, and personal details of the deceased. | ✓ Keep information general; report only that a note was found.<br>✓ Highlight recovery. Emphasize help and hope: include credible support resources and positive messages/shared stories of hope and recovery, which can encourage, motivate, and enable someone in need to seek help. |
| X Speculating, generalizing, or linking unusual behaviors to mental health.                                 | ✓ Ask an expert. Verify relevancy and confirm source for diagnosis; describe warning signs and risk factors that can give some context.                                                                                                                                                |
| X Using inappropriate, biased language that perpetuates myths, stigma, and misconceptions.                  | ✓ Use accurate, careful, and responsible language as positive words can change misconceptions, dispel stigma induced myths and prejudice, and correctly inform the public about suicide and mental health issues.                                                                      |
| X Using words like “mentally ill, lunatic, psycho, schizophrenic”                                           | ✓ Say, “a person with _____ (give the diagnosis, e.g., depression)”                                                                                                                                                                                                                    |
| X Using words like “mad, crazy, nuts, wacko”                                                                | ✓ Say, “a person is _____ (e.g., disoriented)”                                                                                                                                                                                                                                         |
| X Using words like “addict, abuser, alcoholic, dirty”                                                       | ✓ Say, “a person with a substance use disorder”                                                                                                                                                                                                                                        |
| X Saying “committed suicide” or Referring to suicide as “successful”, “unsuccessful”, or “failed attempt”   | ✓ Say, “died by suicide” or “killed him/herself”                                                                                                                                                                                                                                       |

Sources: Holliday et al.<sup>4</sup>, *Reporting on Suicide*<sup>5</sup> & *The Carter Center*<sup>7</sup>

These recommendations underscore one single fact: that **word connotations can make a life-changing impact**. It is of the utmost importance that words used in reporting and messaging on suicide give hope, relay positivity, encourage self-worth, and bolster courage to seek help for recovery. A safe and effective communication regarding mental health issues entails a conscious and concerted effort to **mind your language** and use words responsibly—**because you could very likely save a life by doing so**. Suicide can be prevented.

*“Love and compassion are necessities, not luxuries. Without them humanity cannot survive.” – Dalai Lama*

### REFERENCES:

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7. The Carter Center. N.D. “Journalism Resource Guide on Behavioral Health.” *The Carter Center/California Mental Health Services Authority (CalMHSA)*. From <https://www.mindspringshealth.org/wp-content/uploads/2019/02/journalism-resource-guide-on-behavioral-health.pdf>

### SELF-HELP APPS

The following mobile apps were developed by the Department of Veterans Affairs (VA) to help provide support and guidance in living with PTSD.

The apps are free and may be downloaded through iTunes, Google Play or Android.

NOTE: These apps are not meant to replace professional care.



#### PTSD Coach

Is a convenient way to learn about & manage symptoms of PTSD. It provides research-based facts on treatments, and self-help/coping skills that can reduce PTSD symptoms, especially when used as part of therapy. The app may also help with symptoms of depression.



#### PTSD Family Coach

Can help family members and partners of people with PTSD. The app is an easy way to learn about how PTSD can affect loved ones, provides facts and tools for family members to understand & manage stress & relationships. It also provides families with information on how to help the affected person get treatment.



#### Beyond MST

Is a private self-help tool for healing from the effects of military sexual trauma (MST). This app can help survivors manage distress, improve quality of life, and move forward. Beyond MST does not replace professional care, but it can help find hope, & connect to resources. Remember - you are not alone.

[ptsd.va.gov/appvid/mobile/index.asp](https://ptsd.va.gov/appvid/mobile/index.asp)

## SPECIAL FEATURE

# SHARED EXPERIENCES

*"You are not broken and in need of fixing. You are wounded and in need of healing." - DANU MORRIGAN*

THE MENTAL HEALTH CHALLENGES THAT MANY INDIVIDUALS EXPERIENCE AT SOME POINT IN THEIR LIVES IMPACTS THEIR LIFE JOURNEY IN VARIOUS WAYS. OFTENTIMES, PEOPLE ATTEST THAT SHARING PERSONAL STORIES HELPED THEIR HEALING PROCESS, OR BY READING SOMEONE ELSE'S, THEY GAINED HOPE THAT THERE IS A PATHWAY TOWARDS HEALING. SHARING STORIES ALSO HELPS BREAK MENTAL HEALTH STIGMA AND ENCOURAGES OTHERS TO DO THE SAME. AS SUCH, WE SHARE ANOTHER PERSONAL STORY BELOW.

### A PASTOR'S JOURNEY THROUGH TRAUMA AND CHAOS

(SR. CHAPLAIN, REV. BRYAN OSTASZEWSKI, BCMHC, TECC)

My day at the hospital is mapped out, and I have patients to see, a meeting to attend. Suddenly, my phone goes off: "Code Blue in the ED." A patient is in cardiopulmonary arrest and requires immediate resuscitative efforts.

As a crisis and trauma chaplain, I immediately re-route myself to the Emergency Department (ED), my day's priorities now shifted to providing spiritual support to the patient and possibly family in crisis. While Code Blues can occur anywhere in the hospital, the majority I have responded to have been in the ED, where often little is known about the newly arrived patient. They are true crisis situations, and, in my experience, the patient usually does not survive. While the medical team strives to resuscitate the patient, I focus on supporting any gathered family and friends, responding to their varying spiritual needs during a difficult and often surreal time.

During ED Code Blues, meeting people where they are generally involves meeting people who are in shock, mentally reeling, attempting to gain some sort of footing. I also try to help people in crisis stay focused on the present moment, not on the regrettable past or the terrifying future. When patients do not survive, families and friends generally have strong feelings about whether or not to view their loved one's body. Other families, however, require permission and even encouragement to leave the deceased's bedside.

After a Code Blue, I look to focus immediately on the spiritual needs of the ED staff. They, too, have experienced the crisis, and yet they usually have to "keep calm and carry on" to meet the needs of other patients. I remember complimenting a nurse after a Code Blue about how she handled the patient's family. She immediately teared up and said, "I just felt so bad for the patient. I heard he just lost his wife, and he had a tattoo that said, 'I love you forever.' I bet he had that done in honor of her when she was alive. I felt so sorry for him." While this nurse had already moved on to the next patient, her feelings were still fresh and raw, and I was glad she was able to voice them.

To meet people in crisis where they are, I must be where I need to be, physically, emotionally, and certainly spiritually. To this end, I have sought to establish and maintain disciplines of prayer, spiritual direction, self-care, self-reflection, supervision, peer support and more. I seek both to hear and honor the wind of the Holy Spirit within the crisis, and I seek then to guide others into whatever relief, wisdom, and solace the Spirit may be offering. It is my prayer that the Holy Spirit, in partnership with my efforts and disciplines, will enable my service as a chaplain to be truly a ministry of presence — presence to the Spirit, presence to others, presence to myself.

Reverend Bryan Ostaszewski is currently an active member on the NAMI (National Alliance on Mental Illness) Board of Directors Southern Nevada. He is an Ordained Interfaith (non-denominational) Christian Minister, Sr. Chaplain and Certified Counselor, Board Certified Mental Health Life Coach, and founder of Tuff Services Ministries.

## LOCAL SHELTER AND TRANSITIONAL HOUSING

### FAMILIES

#### FAMILY PROMISE

702-638-8806

1410 S Maryland Parkway, LV 89104

Provides short term transitional shelter, bridge housing, case management and essential needs to displaced families.

[familypromiselv.com](http://familypromiselv.com)

#### HELP OF SOUTHERN NEVADA

702-369-4357 • 1640 E Flamingo Rd., LV 89119

Provides housing and intensive case management to formally homeless and chronically homeless individuals and families who have a documented disability.

[helpsonv.org](http://helpsonv.org)

#### SAFE FAMILIES FOR CHILDREN, OLIVE CREST

702-960-1436

4285 North Rancho Drive, Suite 160, LV 89130

Parents with children ages birth to 18 experiencing a temporary crisis, can arrange for their children to stay with host family while focusing on resolving crisis situations and work to bring stability back to their home. Alternative to the state welfare system.

[lasvegas.safe-families.org](http://lasvegas.safe-families.org)

#### S.A.F.E. HOUSE

702-564-3227

Emergency shelter for those seeking refuge from interpersonal violence/domestic violence. Services are available for singles, individuals from the LGBTQIA2+ community, women, men and their children.

[safehousesnv.org](http://safehousesnv.org)

### MEN

#### CATHOLIC CHARITIES SHELTER FOR MEN

702-387-2282

1511 Las Vegas Blvd North, Las Vegas 89101

Provides year-round emergency night shelter for adult homeless men from 3:00pm to 7:00am daily.

[catholiccharities.com](http://catholiccharities.com)

#### LAS VEGAS RESCUE MISSION

702-382-1766 • 480 W Bonanza Rd., LV 89106

Single men and fathers with children. Shelter intake is located off D Street.

[vegasrescue.org/emergencysshelter](http://vegasrescue.org/emergencysshelter)

#### SALVATION ARMY

702-701-5347 • 35 W Owens, NLV 89030

Day resource center and emergency lodging.

[salvationarmyusa.org](http://salvationarmyusa.org)

### WOMEN

#### DESTINY HOUSE (HOOKERS FOR JESUS)

702-623-0958 | Hotline: 702-883-5155

A nine to twenty-four month, no charge, transitional estate for sex trafficking victims and commercially exploited women.

[hookersforjesus.net](http://hookersforjesus.net)

#### REFUGE FOR WOMEN

National faith-based organization providing a residential healing and recovery program for survivors of trafficking and sexual exploitation. Non-emergency housing must apply online.

[rflwlasvegas.org](http://rflwlasvegas.org)

#### SAFE NEST

702-877-0133 | Hotline: 702-646-4981

Confidential domestic violence shelter. Provides legal services, safe housing and long-term counseling.

[safenest.org](http://safenest.org)

#### SHELTER OF HOPE (LV RESCUE MISSION)

702-382-1766

Single women and mothers with children. Shelter intake is located off D Street.

[vegasrescue.org/emergencysshelter](http://vegasrescue.org/emergencysshelter)

#### THE SHADE TREE FOR WOMEN

702-385-0072 | Hotline: 1-855-385-0072

Provides safe shelter to homeless and abused women & children in crisis.

[theshadetree.org](http://theshadetree.org)

### YOUTH

#### NEVADA PARTNERSHIP FOR HOMELESS YOUTH

702- 383-1332 • 4981 Shirley Street, LV 89119

Serves young persons, ages 12-20 with nowhere to sleep, unstable housing situations, couch surfing with friends or feeling unsafe. Offers emergency shelter, drop in center and independent living.

[nphy.org](http://nphy.org)

#### SHANNON WEST HOMELESS YOUTH CENTER

702-526-4990 • 1650 E Flamingo Rd., LV 89119

Provides services for homeless and at-risk youth, onsite emergency shelter. Certified to provide residential substance abuse treatment and Level I outpatient substance abuse and co-occurring treatment.

[helpsonv.org/programs-youth.php](http://helpsonv.org/programs-youth.php)

#### ST JUDE'S RANCH (SJRC)

702-294-7100 • 200 Wilson Cir., Boulder City 89005

Provides transitional housing and services for homeless 18-24 year olds.

[stjudesranch.org](http://stjudesranch.org)



*Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering.*

PETER LEVINE

Photo Credit: Engin Akyurt from Pexels



# TRAUMA and...

## CIVILIANS

### Children

- Trauma early in life has more impact as it can affect normal brain and personality development.<sup>1</sup>
- Trauma experienced in early childhood may not result in PTSD immediately, but manifest only after the brain has further developed in early adulthood.<sup>2</sup>
- Traumatic stress affects different areas of the brain at different ages for boys and girls;<sup>3</sup> thus, a child's gender and level of development affects how trauma impacts them and how they express their lingering distress.<sup>1</sup>
- Are at higher risk for ongoing/repeated trauma and more likely to develop long-term PTSD.<sup>4</sup>
- Symptoms such as trouble paying attention, being fidgety or restless may be confused with ADHD, making it difficult to diagnose PTSD correctly.<sup>1</sup>

### Adolescents

- 5% of adolescents experience PTSD, with 1.5% of teens experiencing severe impairment.<sup>2,4</sup>
- Girls had almost 4x higher prevalence (8%) of PTSD than boys (2.3%).<sup>4</sup>
- PTSD is more common in the later teen years (17-18 years).<sup>2,4</sup>

### Females

- Women are more likely than men to experience less multiple traumatic events in their lifetime, but have a higher past year (5.2%) and lifetime (10%) prevalence of PTSD because of more severe and on-going trauma.<sup>2,3</sup>
- Whites have higher risk than blacks to develop PTSD<sup>3</sup> (most likely due to lack of social support).
- 50% of women experience at least one trauma in their lives and earlier in life (more likely high-impact trauma, e.g., sexual assault and childhood abuse).<sup>3,5</sup>

### Males

- Are more likely than women to experience multiple traumatic events in their lifetime, but have a lower past year (1.8%) and lifetime (5%) prevalence of PTSD.<sup>2,3</sup>
- Are least likely to seek treatment.<sup>3</sup>
- 60% of men experience at least one trauma in their lives; with accidents, physical assault, combat, disaster, or to witness death or injury as more likely.<sup>3,5</sup>

### Occupation

- Professions such as ambulance emergency personnel, firefighters, police officers, rescue workers, and healthcare professionals experience frequent/daily exposure to work-related trauma, resulting in high-risk for developing PTSD.<sup>6</sup>

### Transgenerational/Historical/Familial

- Trauma experienced by a specific cultural, racial or ethnic group (or family) in the past (e.g., Holocaust, slavery, violent colonization of Native Americans, parent death by violent attack) that results in a cumulative, lingering (often indirect) impact across subsequent generations/children—and often results in a damaged (cultural) identity.<sup>7</sup>
- New generations/children can exhibit signs and symptoms such as depression, fixation on original direct trauma on ancestors/parents, low self-esteem, anger, and self-destructive behavior.<sup>7</sup>

### Refugees and Migrants

- Immigration detention and confinement is injurious to mental health: prolonged confinement causes feelings of being trapped, helpless and hopeless.<sup>8</sup>
- Detained refugees and migrants have increased likelihood of developing symptoms of depression, PTSD or anxiety.<sup>8</sup>
- Detained children have higher risk of adverse mental health effects due to the detention and confinement, exposure to associated traumatic events during this period, and lack of parental support and protection as their parents also are distressed.<sup>8</sup>

## VETERANS

- 1 in 3 combat veteran suffers from PTSD.<sup>3</sup>
- Are more likely than civilians to experience at least one traumatic event.<sup>3</sup>

### Females

- Have the highest prevalence of both lifetime and past-year PTSD.<sup>3</sup>
- Have the highest levels of sexual and physical assault.<sup>3</sup>
- 71% (of only 17 percent of female combat troops) develop PTSD due to sexual assault within ranks, and not due to warfare.<sup>2</sup>

### Males

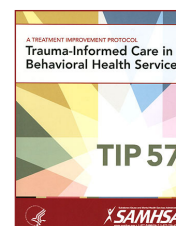
- Have the highest levels of war zone exposure, making combat exposure the highest risk factor for developing PTSD.<sup>3</sup>
- Blacks have higher risk than whites to develop PTSD.<sup>3</sup>
- Tend to delay seeking treatment, but are more likely than civilians to use a variety of treatment sources.<sup>3</sup>

## OPPORTUNITIES

1. **Provide and promote education and training on trauma-informed care to:** health care professionals, school counselors and educators to improve recognition, validation, and understanding of survivors' traumatic experiences and varied responses (including physical distress).<sup>1,2,3</sup>
2. **Create safe and protective environments to:** (1) improve treatment effectiveness for children through increased support from parents, friends, and school;<sup>1</sup> (2) encourage use of alternative measures to host refugees and migrants instead of using immigration detention approach;<sup>8</sup> and (3) minimize distress from repeated images of the traumatic event and aftermath by limiting media exposure.<sup>1,7</sup>
3. **Improve access to and delivery of trauma-informed care to facilitate:** (1) treatment options; and (2) targeted interventions, e.g., to address stigma-related barriers to care (especially for men with PTSD)<sup>3</sup> and to prevent risk for trauma and PTSD in children and women (including veteran females), especially from maltreatment, domestic violence, & school bullying.<sup>1</sup>
4. **Increase awareness of and education of PTSD:** important to understand risks, causes, triggers, and reducing treatment barriers.
5. **Increase training, education, and awareness of trauma-focused psychological treatments to:** (1) encourage patient-centered approaches; and (2) include building resilience and understanding link between symptoms and situations to improve coping skills through supportive therapies.<sup>2,3,6,7</sup>

## REFERENCES:

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3. Lehavot, Keren et al. "Post-traumatic Stress Disorder by Gender and Veteran Status." *American J of Prev Med* (54,1). 2018. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7217324/>
4. National Institute of Mental Health (NIMH). *Post-Traumatic Stress Disorder*. From <https://www.nimh.nih.gov/health/statistics/post-traumatic-stress-disorder-ptsd>
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6. Skogstad, M.et al. "Work-related post-traumatic stress disorder." *Occupational Med*; 63:3:175-182, April 2013. From <https://doi.org/10.1093/occmed/kqt003>
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8. Verhulsdonk, I. et al. "Prevalence of Psychiatric Disorders Among Refugees and Migrants in Immigration Detention: Systematic Review with Meta-analysis." *BJPsych Open* vol. 7,6 e204. 15 Nov. 2021, doi:10.1192/bjo.2021.1026



## TIP 57 – Trauma-Informed Care in Behavioral Health Services

*This manual helps behavioral health professionals understand the impact of trauma on those who experience it. The manual discusses patient assessment and treatment planning strategies. These strategies support recovery and the development of a trauma-informed care workforce.*

\*Substance Abuse and Mental Health Services Administration. Trauma-Informed Care in Behavioral Health Services. Treatment Improvement Protocol (TIP) Series 57. HHS Publication No. (SMA) 13-4801. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014. <https://www.samhsa.gov/resource/ebp/tip-57-trauma-informed-care-behavioral-health-services>

## HELPLINES

|                                                                                                                                        |                           |
|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| Nevada 211 - Connect to Services ( <a href="http://nevada211.org">nevada211.org</a> )                                                  | 211 or 1-866-535-5654     |
| Police NON Emergency Response                                                                                                          | 311                       |
| 1in6 - Helpline for Men who were Sexually Abused / Assaulted                                                                           | 1in6.org/helpline         |
| AARP Friendly Voice ( <a href="http://aarpcommunityconnections.org/friendly-voices">aarpcommunityconnections.org/friendly-voices</a> ) | 888-281-0145              |
| AARP Friendly Voice (Spanish)                                                                                                          | 888-497-4108              |
| Adult Protective Services (APS)                                                                                                        | 702-486-6930              |
| Al-Anon ( <a href="http://al-anon.org">al-anon.org</a> )                                                                               | 1-800-344-2666            |
| Alcoholics Anonymous (AA) ( <a href="http://aa.org">aa.org</a> )                                                                       | 702-598-1888              |
| Alzheimer's Association Helpline ( <a href="http://alz.org">alz.org</a> )                                                              | 1-800-272-3900            |
| American Addiction Centers Resource ( <a href="http://centers.org">centers.org</a> )                                                   | 1-866-892-4547            |
| American Chronic Pain Association (ACPA) ( <a href="http://theacpa.org">theacpa.org</a> )                                              | 1-800-533-3231            |
| Care Solace (CCSD students) ( <a href="http://caresolace.com/ccsd">caresolace.com/ccsd</a> )                                           | 888-515-0595              |
| Cocaine Anonymous ( <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a> )                                   | 702-941-0950              |
| Codependents Anonymous ( <a href="http://coda.org">coda.org</a> )                                                                      | 602-277-7991              |
| Crystal Meth Anonymous ( <a href="http://crystalmeth.org">crystalmeth.org</a> )                                                        | 855-638-4373              |
| Debtors Anonymous ( <a href="http://debtorsanonymous.org">debtorsanonymous.org</a> )                                                   | 800-421-2383              |
| Depression & Bipolar Support Alliance (DBSA) ( <a href="http://dbsalliance.org">dbsalliance.org</a> )                                  | 1-800-826-3632            |
| Eating Disorders ( <a href="http://anad.org">anad.org</a> )                                                                            | 1-888-375-7767            |
| Eldercare Locator ( <a href="http://eldercare.acl.gov">eldercare.acl.gov</a> )                                                         | 1-800-677-1116            |
| Empower Work (Work issues) ( <a href="http://empowerwork.org">empowerwork.org</a> )                                                    | TXT HELLO to 510-674-1414 |
| Food Addicts in Recovery Anonymous (FA)                                                                                                | foodaddicts.org           |
| Gamblers Anonymous ( <a href="http://gasn.info">gasn.info</a> )                                                                        | 855-222-5542              |
| GriefShare ( <a href="http://griefshare.org">griefshare.org</a> )                                                                      | 1-800-395-5755            |
| IMAlive (online crisis chat)                                                                                                           | imalive.org/online        |
| International OCD Foundation ( <a href="http://iocdf.org">iocdf.org</a> )                                                              | 617-973-5801              |
| Lap of Love - Pet loss resource line ( <a href="http://lapoflove.com">lapoflove.com</a> )                                              | 855-352-5683              |
| LGBT Helpline                                                                                                                          | 888-340-4528              |
| LGBT National Hotline                                                                                                                  | 888-843-4564              |
| LGBT National Senior Hotline                                                                                                           | 888-234-7243              |
| LGBT National Youth Talkline                                                                                                           | 800-246-7743              |
| LGBT Peer Listening                                                                                                                    | 800-399-7337              |
| MADD (Impacted by drunk or drugged driving)                                                                                            | 877-623-3435              |
| Marijuana Anonymous ( <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a> )                                           | 1-800-766-6779            |
| Military OneSource (Military Community) ( <a href="http://militaryOneSource.mil">militaryOneSource.mil</a> )                           | 800-342-9647              |
| Narcotics Anonymous ( <a href="http://na.org">na.org</a> )                                                                             | 888-495-3222              |
| National Alliance on Mental Illness (NAMI) Helpline ( <a href="http://nami.org/help">nami.org/help</a> )                               | 1-800-950-6264            |
| National Alliance on Mental Illness (NAMI) Warmline                                                                                    | 775-241-4212              |
| National Eating Disorders Information + Treatment Helpline                                                                             | 1-800-931-2237            |

## HELPLINES

|                                                                                                                                       |                            |
|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| National Resource Center on ADHD                                                                                                      | 1-866-200-8098             |
| National Teen Dating Violence Abuse Helpline                                                                                          | 1-866-331-9474             |
| Nicotine Anonymous ( <a href="http://nicotine-anonymous.org">nicotine-anonymous.org</a> )                                             | 415-908-6702               |
| Nevada Health Connection ( <a href="http://treatmentConnection.com">treatmentConnection.com</a> )                                     | 1-800-450-9530, TXT 839863 |
| Office on Women's Health (Resource line)                                                                                              | 1-800-994-9662             |
| Overeaters Anonymous ( <a href="http://oa.org">oa.org</a> )                                                                           | 505-891-2664               |
| Partnership to End Addiction (Concerned Parents) ( <a href="http://drugfree.org">drugfree.org</a> )                                   | TXT CONNECT to 55753       |
| Physician Support Line ( <a href="http://physiciansupportline.com">physiciansupportline.com</a> )                                     | 1-888-409-0141             |
| Poison Center (Nevada)                                                                                                                | 702-732-4989               |
| Postpartum Support International (PSI) ( <a href="http://postpartum.net">postpartum.net</a> )                                         | 1-800-944-4773             |
| Problem Gamblers Helpline                                                                                                             | 1-800-522-4700             |
| SAMHSA's National Helpline ( <a href="http://samhsa.gov/find-help/national-helpline">samhsa.gov/find-help/national-helpline</a> )     | 1-800-662-4357             |
| Schizophrenia & Pyschosis Action Alliance ( <a href="http://sczaction.org">sczaction.org</a> )                                        | 1-800-493-2094             |
| Self Abuse Finally Ends (S.A.F.E) Alternatives ( <a href="http://selfinjury.com">selfinjury.com</a> )                                 | 1-800-366-8288             |
| Sex Addicts Anonymous ( <a href="http://saa-recovery.org">saa-recovery.org</a> )                                                      | 1-800-477-8191             |
| Sidran Institute - Trauma or Dissociation ( <a href="http://sidran.com">sidran.com</a> )                                              | 410-825-8888               |
| Stop It Now! (Abuse helpline)                                                                                                         | 1-888-773-8368             |
| Survivors of Incest Anonymous ( <a href="http://siawso.org">siawso.org</a> )                                                          | 877-742-9761               |
| TARA for Borderline Personality Disorder ( <a href="http://tara4bpd.org">tara4bpd.org</a> )                                           | 888-482-7227               |
| Teen Help Inc                                                                                                                         | 1-800-400-0900             |
| Teen Line (TXT 839863)                                                                                                                | 1-800-852-8336             |
| The StrongHearts Native Helpline ( <a href="http://strongheartshelpline.org">strongheartshelpline.org</a> )                           | 1-844-762-8483             |
| Tobacco (Nevada) Quit Line ( <a href="http://nevada.quitlogix.org">nevada.quitlogix.org</a> )                                         | 800-784-8669               |
| Tragedy Assistance Program for Survivors (Military) ( <a href="http://taps.org">taps.org</a> )                                        | 800-959-8277               |
| True Path Wellness Helpline (Addiction)                                                                                               | 866-601-3539               |
| United Way 211 ( <a href="http://211.org">211.org</a> )                                                                               | 1-800-233-4357             |
| Vet Center Call Center ( <a href="http://vetcenter.va.gov/media/Call-Center-PSA.asp">vetcenter.va.gov/media/Call-Center-PSA.asp</a> ) | 1-877-927-8387             |
| Vets Information and Referral, PTSD Crisis Intervention                                                                               | 888-777-4443               |
| West Care (Detoxification)                                                                                                            | 702-383-4044               |

A **HELPLINE** may not be staffed 24/7 and may not provide immediate assistance.  
For Emergencies call 911 for immediate assistance.

*There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.*

LAURELL K. HAMILTON

## SUPPORT GROUPS

For information or to register for a group, please use contact information or check website.  
Not all groups need registration. Due to COVID-19, groups may have been cancelled.

### ADDICTION

|                                                                                                                                                       |                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| Al-Anon for Families/Alateen <a href="http://al-anon.org">al-anon.org</a>                                                                             | 702-615-9494   |
| Alcoholics Anonymous (AA) <a href="http://aa.org">aa.org</a>                                                                                          | 702-598-1888   |
| Cocaine Anonymous (CA) <a href="http://snvca.org">snvca.org</a> or <a href="http://ca.org">ca.org</a>                                                 | 702-941-0950   |
| Compulsive Eaters Anonymous (CEA) <a href="http://ceahow.org">ceahow.org</a>                                                                          | 702-389-9077   |
| Crystal Meth Anonymous (CMA) <a href="http://crystalmeth.org">crystalmeth.org</a>                                                                     | 855-638-4373   |
| Gambler's Anonymous (Gam-Anon) <a href="http://gasn.info">gasn.info</a>                                                                               | 702-529-0202   |
| Heroin Anonymous <a href="http://heroinanonymous.org">heroinanonymous.org</a>                                                                         | 702-324-7383   |
| Marijuana Anonymous <a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a>                                                              | 1-800-766-6779 |
| Narcotics Anonymous (NA) <a href="http://na.org">na.org</a>                                                                                           | 702-369-3362   |
| Overeaters Anonymous (OA) <a href="http://oa.org">oa.org</a>                                                                                          | 702-593-2945   |
| Pills Anonymous <a href="http://pillsanonymous.org">pillsanonymous.org</a>                                                                            |                |
| Sex Addictions Anonymous <a href="http://saa-recovery.org">saa-recovery.org</a>                                                                       | 1-800-477-8191 |
| Sex and Love Addicts Anonymous (S.L.A.A.) <a href="http://slaafws.org">slaafws.org</a>                                                                | 1-800-477-8191 |
| SMART Recovery <a href="http://smartrecovery.org">smartrecovery.org</a> or <a href="mailto:smartinhenderson@gmail.com">smartinhenderson@gmail.com</a> |                |
| The Meeting Space/The Recovery Store <a href="http://themeetingspace.com">themeetingspace.com</a>                                                     | 702-726-9218   |

### CHILDREN AND YOUTH

|                                                                                            |              |
|--------------------------------------------------------------------------------------------|--------------|
| Alternative Peer Group (Drop-in center for teens) <a href="http://apglv.org">apglv.org</a> | 725-206-5204 |
| Parenting Project (free parenting classes)                                                 | 702-455-5295 |
| Solutions of Change <a href="http://solutionsofchange.org">solutionsofchange.org</a>       | 702-343-3610 |
| Turning Point Nevada (Substance Use)                                                       | 702-743-7384 |

### CRISIS AND TRAUMA

|                                                                                                      |              |
|------------------------------------------------------------------------------------------------------|--------------|
| Hands of Comfort Foundation                                                                          | 702-683-6373 |
| Ladies of Destiny (Trafficking Victims) <a href="http://hookersforjesus.net">hookersforjesus.net</a> | 702-623-0958 |
| Signs of Hope Groups <a href="http://sohiv.org">sohiv.org</a>                                        | 702-366-1640 |

### GRIEF AND LOSS

|                                                                                                                      |                |
|----------------------------------------------------------------------------------------------------------------------|----------------|
| Adams Place <a href="http://adamsplacelv.org">adamsplacelv.org</a>                                                   | 702-202-3891   |
| Aviant Hospice                                                                                                       | 702-605-9959   |
| Bereavement Adult Support Group                                                                                      | 702-671-1111   |
| CompassionCare Hospice                                                                                               | 702-636-0200   |
| Concerns of Police Survivors (COPS) <a href="http://concernsofpolicesurvivors.org">concernsofpolicesurvivors.org</a> | 702-501-8083   |
| Divorce/Separated Support Group                                                                                      | 702-735-5544   |
| Grief Loss & Family Support Group                                                                                    | 702-735-5544   |
| Griefshare <a href="http://griefshare.org">griefshare.org</a>                                                        | 1-800-395-5755 |
| Grief Recovery After a Substance Passing (GRASP)                                                                     | 302-492-7717   |
| Grief Recovery (death, divorce, career and other losses)                                                             | 702-980-8303   |
| Nathan Adelson Hospice <a href="http://nah.org">nah.org</a>                                                          | 702-796-3157   |

## SUPPORT GROUPS

|                                                                                                  |              |
|--------------------------------------------------------------------------------------------------|--------------|
| Nevada Senior Services <a href="http://adulthoodcarelv.org">adulthoodcarelv.org</a>              | 702-648-3425 |
| Pet Loss Family Support Group                                                                    | 702-735-5544 |
| Southern Hills and Medical Center / Compassionate Care and Grief Support - Tuesday 5:30-6:30     | 702-916-7776 |
| Suicide and Murder Victims Support Group                                                         | 702-735-5544 |
| The Compassionate Friends <a href="http://compassionatefriends.org">compassionatefriends.org</a> | 877-969-0010 |
| Tragedy Assistance Program for Survivors (TAPS) Military Survivor                                | 800-959-8277 |

### LGBTQ

|                                                                                                        |              |
|--------------------------------------------------------------------------------------------------------|--------------|
| Henderson Equality Center <a href="http://hendersonequalitycenter.org">hendersonequalitycenter.org</a> | 855-955-5428 |
| The Center <a href="http://thecenterlv.org">thecenterlv.org</a>                                        | 702-733-9800 |

### SUICIDE

|                                         |              |
|-----------------------------------------|--------------|
| Arms of Support                         | 800-649-0925 |
| Suicide Bereavement Support Group       | 702-735-5544 |
| Survivors of Suicide Loss Support Group | 702-807-8133 |

### OTHER

|                                                                                                        |                    |
|--------------------------------------------------------------------------------------------------------|--------------------|
| ADHDOutLoud                                                                                            | 702-518-9539 ext 7 |
| Alzheimer's Associaton <a href="http://alz.org">alz.org</a>                                            | 702-248-2770       |
| Cleveland Clinic Caregiver Support and Programs                                                        | 702-483-6000       |
| Depression and Bipolar Support Alliance (DBSA)                                                         | 702-750-5919       |
| Dignity Health Womens Center (Support Groups) <a href="http://dignityhealth.org">dignityhealth.org</a> | 702-616-4900       |
| Give Me a Break (GAB) - Respite                                                                        | 702-219-0394       |
| National Organization Parents of Murdered Children <a href="http://pomc.com">pomc.com</a>              | 513-721-5683       |

If we have omitted your group or have incorrect or missing information listed, please contact us by email at [publisher@mhrmedia.com](mailto:publisher@mhrmedia.com) or via our website at [mentalhealthspectrum.com](http://mentalhealthspectrum.com).



**TRY (Trauma Recovery Yoga)** is a healing method which combines specific yoga poses combined with self-affirmations, visualization, and self-regulation tools for resilience (SRR), which are Orientation, Grounding, Centering and Breathing.



Photo Credit: Lucas-Pezeta from Pexels

- TRY sequences are easily adapted to be accessible for all abilities, young and old, including chair- or bed-bound individuals.
- The SRR tools can be used anywhere, anytime, even if you never step foot on a yoga mat.
- The SRR tools help bring you back to the present moment. They are designed to help you regulate your nervous system. The more you use these tools, the more resilience you develop for future anxious or traumatic moments.
- The use of music and incense is strictly prohibited during our practices to avoid unintentional triggering.
- Our method has been carefully researched and utilizes proven techniques in a very specific yoga sequence that inspires a feeling of safety and connection.

Please visit [thetrymethod.com](http://thetrymethod.com) for further information and to find teachers, classes, and how to bring a TRY class to your organization or group.





# A MATTER OF WORDS

*“Resilience is very different than being numb. Resilience means you experience, you feel, you fail, you hurt. You fall. But, you keep going.” - YASMIN MOGAHED*

Much of the stigmatization attached to mental health problems is due to the negative connotations in the words and language being used when dealing with this topic. In each MHS issue, we will highlight certain word definitions, quotes and excerpts that show how, in a matter of words, it is possible to make a positive impact—and help make a difference.

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STIGMA IS NOT JUST A MATTER OF USING THE WRONG WORD OR ACTION. STIGMA IS ABOUT DISRESPECT. IT IS THE USE OF NEGATIVE LABELS TO IDENTIFY A PERSON LIVING WITH MENTAL ILLNESS. STIGMA IS A BARRIER. FEAR OF STIGMA AND THE RESULTING DISCRIMINATION DISCOURAGES INDIVIDUALS AND THEIR FAMILIES FROM GETTING THE HELP THEY NEED.

SAMHSA, 2004

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